The Fair At the PNE
Aug 20 'til Sep 5
(closed Aug 22 & 29)
THE FAIR OPENS TOMORROW!
SAVE UP TO $12 AT:
7-ELEVEN
SAFEWAY
save on foods
PriceSmart foods
pne.ca

Vancouver metro

CANADIAN MEDAL COUNTER 4 3 11

GO CANADA! Medal haul on Day 13

Your essential daily news | WEEKEND, AUGUST 19-21, 2016

High 25°C/Low 16°C Sunny!

Why *everyone* is Hip

Our stories are reflected in their songs — which have forever etched their way deep into Canada's heart

Kristen Lipscombe
Metro | Halifax

The Tragically Hip — five guys from Kingston — remind us of ourselves.

Our stories are reflected in their songs, and in their three-decade long journey of ups and downs, from Juno Awards to terminal illness, which have forever etched their way deep into Canada's heart.

The lyrics "they shot a movie once, in my hometown" have always evoked an emotional response in me.

I can't help but sing along when Blow at High Dough randomly comes on my car radio, and it's guaranteed that I will get up and dance if I'm in a bar that starts blasting the iconic song from the 1989 album Up to Here.

Okay, let's be honest. The same is true when I hear any tune by The Tragically Hip, my hometown band. Having grown up in Kingston, Ont., it's impossible not to feel pride for a bunch of seemingly average local guys not just making it big in music, but becoming interwoven into the very fabric of Canadian culture.

And perhaps that's what Kingstonians are most proud of — the fact that The Hip isn't just our band, but the entire country's band.

From " … in Bobcaygeon, where I saw the constellations …" to " … sundown in the Paris of the prairies," The Hip's lyrics travel across the country, while the unique rumble of Gord Downie's voice and the band's distinctive brand of alternative rock somehow represent our Canadian mindset, and have become our country's signature sound.

That journey, and that feeling we get when we hear The Hip on the radio, will be celebrated Saturday night not just in our hometown, but across the country, as a "late breaking story on the CBC," and at public viewing parties taking place coast to coast.

More Hip, metroNEWS, metroTRAVEL

Gord Downie performs during the first stop of the Man Machine Poem Tour in July in Victoria.
THE CANADIAN PRESS

Overdose crisis hits north hard

PUBLIC HEALTH

Skyrocketing number of deaths linked to fentanyl

Jen St. Denis
Metro | Vancouver

Statistics released Thursday show B.C.'s overdose crisis continues, with the number of overdose deaths in the first seven months of this year 73 per cent higher than the same time last year.

B.C.'s north is being hit particularly hard. The region now has the highest proportion of overdose deaths in which fentanyl is detected: the deadly drug was present in 75 per cent of the 31 deaths reported from January to July in that region.

"It's really unfortunate that this wave of morbidity in overdoses is impacting our most marginalized population," said Sandra Allison, chief medical officer for Northern Health.

"It's the odd story you hear of a mainstream person who is impacted who overdoses, but it's all the unspoken stories that are really tugging at our hearts."

The skyrocketing number of overdose deaths has been linked to fentanyl, a synthetic opiate now frequently being added to illicit drugs like heroin and cocaine, often without the knowledge of drug users.

There were a total of 433 overdose deaths in B.C. from January to July, compared to 249 in the same period in 2015. While overdose deaths are down slightly in Metro Vancouver and the Fraser Valley compared to 2015, deaths are up in all other regions of the province.

The rising cost of rental housing in coastal cities like Kitimat and Terrace has displaced some marginalized people, who have moved to cities like Prince George but continue to struggle with poverty and "the stresses of colonization, the impact of residential schools and all the trauma related to that," Allison added. Trying to cope with that pain is often a factor in their drug use, she said.

Drug users are more likely to survive an overdose if they are open about their drug use and use drugs with other people who can get help if something goes wrong, but the stigma associated with drug use means many people are hiding their drug use and using drugs alone.

While Vancouver has two supervised drug consumption sites, and Victoria is close to getting one, other regions in the province are doing without, Allison said. Northern Health is currently working on options for supervised consumption.

WEST COAST AUTO GROUP

MEIER INSURANCE

IMPORT SUPERSTORES

MEIER INSURANCE

NISSAN
REDLINE
CLEAROUT
WITH HUGE CASH DISCOUNTS THESE 2016'S ARE GOING FASTER THAN EVER.

UP TO $10,000 IN STANDARD RATE FINANCE CASH ON 2016 TITAN MODELS
OR
FINANCE FROM 0% APR FOR UP TO 84 MONTHS ON OTHER SELECT MODELS

Innovation that excites

LEASE
THAT'S LIKE PAYING ONLY $39 WEEKLY ON 2016 SENTRA S MT
AT 0.99% APR FOR 60 MONTHS
GET MORE FOR ONLY $8 WEEKLY AND GET PUSH BUTTON IGNITION, HEATED SEATS, REARVIEW MONITOR
STEP UP TO A SENTRA SV OR NISMO FOR

SENTRA
2016 SENTRA S IS AWARDED WITH IIHS TOP SAFETY PICK+
When equipped with Forward Emergency Braking
0% APR FOR UP TO 84 MONTHS
PLUS GET $1,000 FINANCE CASH ON SENTRA S MT

LEASE
THAT'S LIKE PAYING ONLY $58 WEEKLY ON 2016 ROGUE S FWD
AT 0.99% APR FOR 60 MONTHS
GET MORE FOR ONLY $8 WEEKLY AND GET HEATED SEATS, POWER DRIVER SEAT, 17" ALLOY WHEELS
STEP UP TO A ROGUE SPECIAL EDITION SV PLUS

ROGUE
2016 ROGUE S IS AWARDED WITH IIHS TOP SAFETY PICK+
When equipped with Forward Emergency Braking
UP TO $5,000 IN STANDARD RATE FINANCE CASH ON 2016 ROGUE SL PREMIUM

LEASE
THAT'S LIKE PAYING ONLY $85 WEEKLY ON 2016 PATHFINDER S 2WD
AT 2.49% APR FOR 60 MONTHS

PATHFINDER
UP TO $6,000 IN STANDARD RATE FINANCE CASH ON 2016 PATHFINDER PLATINUM 4X4

ENDS AUGUST 31ST

OFFERS AVAILABLE FROM AUGUST 3-31, 2016. ◆PAYMENTS CANNOT BE MADE ON A WEEKLY BASIS. FOR ADVERTISING PURPOSES ONLY. FINANCE OFFER BASED ON A NEW 2016 SENTRA 1.8 S M6 (CALCSE-A402) SELLING PRICE IS $16,488 FINANCED AT 0% APR EQUALS 84 MONTHLY PAYMENTS OF $196 WITH $0 DOWN PAYMENT REQUIRED. COSTS $0 FOR A TOTAL OBLIGATION OF $16,488. $1,000 FINANCE CASH INCLUDED IN THE OFFER. MONTHLY LEASE OFFER BASED ON A NEW 2016 ROGUE S FWD (YRG216-A402) 2016 SENTRA 1.8 S M6 (CALCSE-A402), 2016 PATHFINDER S 4X2 (SRC16-A402) 0.99%/0.99%/2.49% LEASE APR FOR A 60/60/60 MONTH TERM EQUALS MONTHLY PAYMENTS OF $264/$58/$170 WITH $0/$0/$0 DOWN PAYMENT AND $0 SECURITY DEPOSIT. FIRST MONTHLY PAYMENT, DOWN PAYMENT AND $0 SECURITY DEPOSIT ARE DUE AT LEASE INCEPTION. PAYMENTS INCLUDE FREIGHT AND PDE. MAXIMUM OF 20,000 KMS/YEAR WITH EXCESS CHARGED AT $0.16/KM. TOTAL LEASE OBLIGATION IS $16,614/$19,951/22,188. $1,500/$1,625/$4,681 LEASE CASH INCLUDED IN ADVERTISED OFFER. "STANDARD RATE FINANCE CASH DISCOUNT OF $4,308/$4,300/$10,000 WILL BE DEDUCTED FROM THE NEGOTIATED SELLING PRICE BEFORE TAXES AND IS APPLICABLE ONLY TO CUSTOMERS FINANCING ANY 2016 ROGUE SL AWD PREMIUM (YBD216-B303), 2016 PATHFINDER PLATINUM 4X4 (SRE216-A403), 2016 TITAN XD DIESEL SL (SCR216-A403) THROUGH NISSAN STANDARD RATE. THE CASH DISCOUNTS CANNOT BE COMBINED WITH LEASE OR FINANCE SUBVENTED RATES OR WITH ANY OTHER OFFER. CERTAIN CONDITIONS APPLY. ‡MODELS SHOWN $17,545/$27,998/$49,998 SELLING PRICE FOR A NEW 2016 ROGUE SL AWD PREMIUM (YBD216-B800), 2016 SENTRA 1.8 SL CVT (CAC16-A403), 2016 PATHFINDER PLATINUM 4X4 (SRE216-A403). †FREIGHT AND PDE CHARGES ($1,795/$1,695/$1,795), AIR CONDITIONING LEVY ($100) WHERE APPLICABLE, APPLICABLE FEES, MANUFACTURER'S REBATE AND DEALER PARTICIPATION. WHERE APPLICABLE ARE INCLUDED. LICENSE, REGISTRATION, INSURANCE AND APPLICABLE TAXES ARE EXTRA. OFFERS ARE AVAILABLE ON APPROVED CREDIT THROUGH NISSAN CANADA FINANCE. FOR A LIMITED TIME, MAY CHANGE WITHOUT NOTICE AND CANNOT BE COMBINED WITH ANY OTHER OFFERS (EXCEPT STACKABLE TRADING DOLLARS). VEHICLES AND ACCESSORIES ARE FOR ILLUSTRATION PURPOSES ONLY.

DL#30501

WEST COAST NISSAN

19625 Lougheed Hwy., Pitt Meadows
1-855-299-8183
westcoastnissan.ca

Discover The Value at West Coast Kia!
Ask us about our Owner Package:
• Free Lifetime Oil & Filter Changes • Free Lifetime Carwashes • Free Service Loaners • Free Tire Repairs • ***PLUS** Our Exclusive West Coast Kia Advantage Card!*

KIA
SUMMER OF SAVINGS
SALES EVENT

2017 FORTE SEDAN 0% FOR 60 MONTHS + 7 YEAR MAINTENANCE + 5 YEAR POWERTRAIN

UP TO $7,777 IN CASH DISCOUNTS ON SELECT MODELS MAXIMUM DISCOUNT ON OPTIMA HYBRID*
OR
FINANCING AS LOW AS 0% UP TO 84 MONTHS ON OTHER SELECT MODELS*

ALL-NEW 2016 SORENTO 2.4L L4 FWD
WELL-EQUIPPED FROM $25,557*
GET UP TO $4,000* IN CASH DISCOUNTS
INCLUDES $500 COMPETITIVE BONUS** OR LOYALTY BONUS**
STANDARD FEATURES: HEATED FRONT SEATS, BLUETOOTH® CONNECTIVITY
AVAILABLE ALL-WHEEL DRIVE
AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA BEST NEW SUV $30,000 - $50,000

2016 FORTE
GET UP TO $4,500* IN CASH DISCOUNTS
5 Star Safety Ratings
INCLUDES $4,000 IN DISCOUNTS* AND $500 COMPETITIVE BONUS** OR LOYALTY BONUS**
AVAILABLE FEATURES: HEATED FRONT & REAR SEATS, REARVIEW CAMERA

ALL-NEW 2016 OPTIMA LX 2.4 AT
LEASE FROM $52 BI-WEEKLY*
$2,000 DOWN AT 0.9% APR FOR 60 MONTHS*
MOTORWEEK.TV BEST FAMILY CAR
INCLUDES $500 IN DISCOUNTS AND $750 COMPETITIVE BONUS** OR LOYALTY BONUS**
AVAILABLE FEATURES: HEATED FRONT & REAR SEATS, NAVIGATION SYSTEM

KIA The Power to Surprise

DL#31300

WEST COAST KIA

19950 Lougheed Hwy, Pitt Meadows
1-866-304-1140
westcoastkia.ca

All prices & payments plus taxes, levies & doc fee of $495. Vehicles not exactly as illustrated. All financing on approved credit.

MAZDA'S SUMMER ESCAPE EVENT

0% FINANCING and UP TO 84 MONTHS
OR UP TO $4000 in REBATES
A COMPLIMENTARY TWO NIGHT STAY AT A BOUTIQUE HOTEL

2016 MAZDA3 G 6MT
LEASE TODAY FOR JUST $86 /BW OR $43 /WKLY
$0 down 2.79% for 60 mos
FINANCE FOR $99 /BW OR $49 /WKLY
$0 down 1.99% for 84 mos

Buy today for **$15,770**

2016 CX-5 GX FWD 6MT
LEASE TODAY FOR JUST $141 /BW OR $71 /WKLY
$0 down 1.69% for 60 mos
FINANCE FOR $142 /BW OR $71 /WKLY
$0 down 1.49% for 84 mos

Buy today for **$22,495**

2016 MAZDA CX-3 GX FWD
LEASE TODAY FOR JUST $130 /BW OR $65 /WKLY
$0 down 3.49% for 60 mos
FINANCE FOR $134 /BW OR $67 /WKLY
$0 down 1.99% for 84 mos

Buy today for **$21,465**

2016 MAZDA CX-9 GS FWD
LEASE TODAY FOR JUST $215 /BW OR $107 /WKLY
$0 down 3.25% for 60 mos
FINANCE FOR $232 /BW OR $116 /WKLY
$0 down 3.51% for 84 mos

Buy today for **$37,320**

DL#8957

WEST COAST MAZDA

20000 Lougheed Hwy, Pitt Meadows
1-866-334-2119
westcoastmazda.com

All prices & payments plus taxes and levies. Vehicles not exactly as illustrated. All financing on approved credit.

TOYOTA 2016 FACTORY EVENT

PLUS Earn Aeroplan Miles
aeroplan

2016 TOYOTA COROLLA
PRICED FROM $17,610 LESS REBATE $1500
OR lease from $78 Bi Weekly

Model BURCEMA
Now with STAR SAFETY SYSTEM
60 month lease, APR 0.99% , DP $0, TP $10113

2016 TOYOTA HIGHLANDER
PRICE FROM $35,440
OR lease from $195 Bi Weekly

Model ZKRFHTA
Now with STAR SAFETY SYSTEM
60 month lease, APR 4.74 %, DP $1495, TP $26606

2016 TOYOTA CAMRY LE
PRICED FROM $26,360 LESS REBATE $1000
OR lease from $108 Bi Weekly

Model BF1FLTA
Now with STAR SAFETY SYSTEM
60 Month lease, APR 0.99%, DP$2150, TP $16189

2016 TOYOTA RAV4
PRICED FROM $27,125 LESS REBATE $1000
OR lease from $132 Bi Weekly

Model ZFREVTA
Now with STAR SAFETY SYSTEM
60 month lease, APR 1.99%, DP $0, TP $17117

DL#7662

WEST COAST TOYOTA

19950 Lougheed Hwy, Pitt Meadows
1-888-287-0910
westcoasttoyota.com

All prices & payments plus taxes and levies. Vehicles not exactly as illustrated. All financing on approved credit.

metro NEWS
Your essential daily news

Uber will soon offer rides in self-driving cars in Pittsburgh

Art scene gets larger than life

EVENT

Hot artists beat the heat for Vancouver Mural Festival

Matt Kieltyka
Metro | Vancouver

Vancouver artist Peter Ricq stands in front of his latest piece, Kids, as part of the Vancouver Mural Festival. JENNIFER GAUTHIER/METRO

Some of the city's hottest artists have literal skin in the game when it comes to Saturday's inaugural Vancouver Mural Festival.

Those like Peter Ricq, a well-known artist, musician and animator in Vancouver's art scene, has been slaving away on larger-than-life installations throughout Mount Pleasant for the festival.

As he was putting the finishing touches on his own colourful, subversive contribution, Kids, on an industrial lot just off Terminal and Main Street alongside a handful of murals on Thursday, Ricq — arms as red as a tomato — sought refuge from a scorching summer sun by draping a sweater over his head.

It's been a week-long battle with the heat, but one Ricq hopes is worth it.

"Every day we get here at 10 (a.m.) and I get home at 10 or 11 (p.m.), wake up and do this. On this strip, we're all f–ked. I get sun hitting me from beginning of the day to the end. It's harsh, I'm going to get a really bad tan," said Ricq.

"I'm just hoping people enjoy the work. Everyone likes something different. Some people might hate my work and some people might love it. I just hope everyone can find something they love and be able to go to work and see something that brings a smile to their face."

There should be no shortage of choice.

The festival, supported by the City of Vancouver, Mountain Pleasant Business Improvement Area and Burrard Arts Foundation, commissioned 35 new permanent murals throughout the east Vancouver neighborhood, featuring more than 40 artists.

Ricq, a Juno Award-nominated musician with his band, Humans, creator of the Teletoon cartoon Freaktown and who recently released a sold-out graphic novel Once Our Land, hopes the festival can give Vancouver's talent much-needed local recognition.

"We have a lot of talent here from video game and animation studios but we don't have a lot of street artists," he said. "We're in a city that has, per capita, some of the most artists but when you look at the murals around town, they're usually just bombed, illegal graffiti, and it's really hard to get a wall. Artists who travel the world doing big murals are saying how hard it is to do something in Vancouver."

The festival could change that, Ricq said.

"Montreal has been doing it for a while and every time I go back, I see all these beautiful murals," he said. "I think it embellishes the city, it brings more of a glow to the city."

The Vancouver Mural Festival starts at noon along Main Street, between Prior Street and 16th Avenue, and includes guided tours, concerts and community events.

PNE sales could soar with Angry Birds

EXHIBITION

Organizers hope to boost attendance with new draw

Jen St. Denis
Metro | Vancouver

Pacific National Exhibition organizers are hoping better weather and a new exhibition focused on the popular Angry Birds game will boost attendance.

The annual fair at Hastings Park has seen attendance drop in recent years: while 906,000 attended in 2010, numbers have declined every year, although attendance in 2014 was up slightly.

The PNE now budgets for attendance of 750,000, said Laura Ballance, the PNE's publicist.

Last year, attendance dropped to a decade low of 678,193, which Ballance blamed on a summer storm that knocked out power to much of the Lower Mainland.

"We need to be very cognizant of the fact that we need to offer something for everyone," Ballance said. "We need to marry tradition, like Superdogs, with new, like Angry Birds."

The Angry Birds exhibition features real-life game play with slingshots and toy car races, as well as stations with touch screens to play the popular game.

PNE organizers are hoping the Angry Birds movie, released this year, will make the exhibition a hot ticket. It costs $5 for those 14 and older, $3.50 for kids aged 6-13, and is free for children 5 years and under.

> We need to marry tradition, like Superdogs, with new, like Angry Birds.
> Laura Ballance

The PNE cannot divulge the exact cost of the exhibition because the information is proprietary, Ballance said, but these types of "branded exhibits" cost $750,000 or more for a two-week period.

A second exhibit features Alien Worlds and Androids with a mix of science education and popular characters from films like Star Wars, Alien and Terminator.

Yes, Superdogs are back, as is a competition to win a prize home and the farm animal exhibition. A craft brewing area, animatronic dinosaurs and Ribs Festival also return. A magic show and nightly concerts, free with admission, are also part of the fair's offerings, including performances by the Sheepdogs, Pat Benatar, Olivia Newton-John and the Steve Miller Band.

The fair runs Aug. 20 to Sept. 5, opening at 11 a.m. Admission is $13 online, $17.50 at the gate; kids under 13 are free. For more information visit www.pne.ca

Lexy Smart at the North American premier of the Angry Birds Universe at the Fair at the PNE. JENNIFER GAUTHIER/METRO

PREVIEWS START SATURDAY AUGUST 20th

Single-Family Homes in Chilliwack from $549,900

Golf Course Resort-Style Living

- Fully finished homes starting from $549,900
- Thoughtfully designed 341-acre master-planned golf community in Chilliwack
- Located at The Falls Golf Course with panoramic views of the valley
- 35 minute drive from Langley

Camden AT THE FALLS

8361 Nixon Road, Chilliwack
Open daily 12-5pm (except Fridays)

Register today at
livethefalls.com

AQUILINI DEVELOPMENT
RENNIE

* This is not an offering for sale. Any such offering can only be made by way of a disclosure statement. The developer reserves the right to make changes and modifications to the information contained herein without prior notice. E&E.

HUDSON'S BAY

INTRODUCING OUR

FOUNDATION MATCH GUARANTEE

Visit us in store to find your perfect shade.

SAVE AN INSTANT $10

Bring in any foundation—new or empty—and save an instant $10 on your foundation purchase of $50 or more before taxes, from August 19 to 21, 2016.

SHOP THEBAY.COM

LAST CHANCE SUMMER CLEAR OUT!

VALID AUG 19TH - 20TH • BBQ & REFRESHMENTS

FINANCE A VEHICLE WITH US AND RECEIVE A FREE 42" HD TV!

RSVP TO ANNA@WCAUTODIRECT.COM TO ENTER A DRAW TO WIN A NIGHT AT THE RIVER ROCK CASINO WITH DINNER AND $100 IN CASINO CHIPS

2008 HONDA FIT LX

Alloy Wheels, Split Folding Rear Seats, Air Conditioning, Keyless Entry, Power Mirrors, Power Windows, Power Locks, Cruise Control, Tinted Windows

$140 B/W @ 9.96% OVER 48 MONTHS NOW ONLY $8,988

2014 VERSA NOTE 1.6 S

Power windows, doors and side mirrors. Air conditioning and MP3/CD/AM/FM stereo, Steering wheel mounted Bluetooth and audio controls, Alloy Wheels

$122 B/W @ 5.97% OVER 84 MONTHS NOW ONLY $14,488

2011 FORD TAURUS SEL

Fresh trade in! Automatic, Sync, Park aid, Leather, Heated seats, Bluetooth, Sunroof, Power windows, Wood trim, V6

$141 B/W @ 5.97% OVER 78 MONTHS NOW ONLY $15,995

2013 TOWN & COUNTRY TOURING-L

Navigation, leather, rear seating dvd system, power locks and windows, keyless entry, beautiful leather interior, tri-zone air, alloy wheels and much more!

$172 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $21,977

2015 KIA OPTIMA LX

Cruise Control, Enhanced LCD instrument cluster, Power front seats, Blind Spot Detection System, Rearview Camera and Parking Sonar and more

~~$26,995~~ NOW ONLY $22,988

2008 PATRIOT SPORT/NORTH

Leather, Cruise Control, Air Conditioning, Steering wheel controls, Premium Sound Bucket Seats, Power Steering, Sunroof/ Moonroof, Navigation

~~$8,900~~ CASH PRICE $6,995

2010 WRANGLER SPORT

Tinted rear windows, hard top convertible, running boards, dual aftermarket Magnaflow exhaust, K&N air intake, new rims and tires

$214 B/W @ 5.37% OVER 66 MONTHS NOW $ ONLY 21,988

2011 SUZUKI SX4 JA

Air Conditioning, ABS, Cruise Control, Keyless Entry, Power Windows, Power Locks, Power Mirrors, Factory Alloy Wheels

$113 B/W @ 6.97% OVER 78 MONTHS NOW ONLY $11,988

2008 KIA SPORTAGE LX

Alloy wheels, Stability and traction control, Rear liftgate door, Privacy glass, AM/FM, Power mirrors, split folding rear seats

$127 B/W @ 9.96% OVER 48 MONTHS NOW ONLY $7,995

SPIN AND WIN WITH OUR PRIZE WHEEL! Service Vouchers/Warranties Cash Discounts/and more!

AUTO DIRECT PARTS & SERVICE Formerly Richmond Suzuki

Summer TIRE SPECIAL

Purchase 4 tires and receive a four wheel alignment for FREE (Regular price: $129.95)

* Present this coupon at time of purchase. Limit one per customer. Can not be used with another coupon or promotion. EXP 08/31/2016

AUTO DIRECT

3771 NO.3 ROAD, RICHMOND, BC

(OPPOSITE YAOHAN CENTRE)

CALL US TODAY

1.855.582.3691

FOR YOUR QUICK APPROVAL!

Anna

Joseph

Christopher

All prices are subject to documentation and tax. Payments include tax and $895 documentation fees. Terms based on the above listed rates and over varied listed months. All ICBC reports and Car Proofs available on request. DL#31151

Long prison term for sex abuse plot

CRIME

B.C. culprit arranged online to abuse British youngsters

The RCMP says it worked with British police to build a case against a man who was sentenced this week to more than eight years in prison on child sex offences in the United Kingdom.

RCMP Insp. Tyler Svendson, who heads the Mounties' behavioural sciences group, says several other British Columbia agencies were also involved in the investigation of Glenn Schulz and helped ensure a conviction.

The RCMP's Internet Child Exploitation unit seeks out child predators on various online social media outlets and websites known to be used for child exploitation, Svendson says in a news release.

"As suspect individuals are identified through the employment of these proactive assets, they are subsequently arrested and charged to the fullest extent of the law," says Svendson.

The RCMP says the investigation began after Schulz contacted a British undercover officer who posed as the father of two young girls. Investigators say Schulz was on a site known for sharing child exploitation material and arranged to meet the undercover officer in order to abuse the fictitious children.

Police in Kent say officers arrested Schulz, 38, at Gatwick Airport shortly after he arrived in the country on May 21.

Police say Schulz pleaded guilty to arranging or facilitating the commission of a child sex offence at an earlier hearing and received an eight-year, eight-month sentence on Monday. THE CANADIAN PRESS

FORECAST BEACH WEATHER AHEAD Skim boarders walk along Spanish Banks at low tide in Vancouver on Thursday. This weekend promises to be a beautiful one with temperatures reaching 26 C at the airport and as high as 32 C inland. JENNIFER GAUTHIER/FOR METRO

BORDER AGENCY

Smugglers hid drugs in mats, 'fresh mint,' protein powder

David P. Ball
Metro | Vancouver

Drug smugglers in B.C. have been getting creative lately, according to border authorities.

But in at least four colourful busts since March, they failed miserably — leading Canada Border Services Agency to seize 80 narcotic shipments.

Among the more bizarre of the trafficking attempts, one smuggler tried to smuggle more than 7 kg of opium soaked into foam boards accompanying several Iraqi prayer mats in decorative boxes arriving in B.C. on March 22.

A month later, agents took a closer look at what appeared to be a purple amethyst geode — a naturally occurring round stone concealing crystals at its centre — shipped from B.C. to New Zealand.

There were no crystals. Officers discovered the "geode" was just a rubber vessel concealing a kilogram of methamphetamine.

The busts were just a sampling of those at Vancouver International Airport's Air Cargo Operations.

In total, between January and June, CBSA said it made 80 narcotic seizures, including approximately 12.7 kilograms of opium and 157.1 kilograms of marijuana.

Other foiled attempts included two "ice packs" arriving with a delivery of California "fresh mint" — the freezer packs turned out to be filled more than 11 kg of methamphetamine — and 1 kg of marijuana disguised as protein powder, and the same amount as soy powder.

"CBSA officers play an essential role in intercepting illegal drugs at Canada's borders," the agency's Pacific region bureau said in a statement.

"These seizures are the result of CBSA officers' vigilance and expertise when conducting in-depth examinations of shipments in the cargo and courier stream at the Vancouver International Airport."

HUDSON'S BAY

Friday, August 19 to Thursday, August 25, 2016

Up to 60% off mattress sets

Select mattress sets by SERTA, SIMMONS, SEALY, KINGSDOWN, HOTEL COLLECTION and more

Save $960
$398
Reg. $1358

SEALY twin Posturepedic Decker tight top mattress
Box spring sold separately.

THIS WEEKEND EXCLUSIVELY AT THEBAY.COM

Friday, August 19 to Sunday, August 21, 2016

Save $500
$498
Reg. $998

SPRINGWALL Pacific Hawthorne Euro top queen mattress set

SHOP OUR FULL SPRINGWALL COLLECTION ONLINE

Shop for mattresses by phone: 1-888-257-6784

Save $1000
$798
Reg. $1798

SERTA Perfect Sleeper Witherbee tight top queen mattress set

Save $1300
$898
Reg. $2198

SERTA Perfect Sleeper Dorset tight top queen mattress set

Save $2000
$998
Reg. $2998

BEAUTYREST Hybrid Brooklyn III tight top queen mattress set

Save $2100
$1198
Reg. $3298

KINGSDOWN Portrait Crawford Euro top queen mattress set

BEST IN HOME

OUR SERVICE AND VALUE COMMITMENT

See below for details.

PAY NO INTEREST
No interest for two years. 24 monthly payments with Hudson's Bay Credit.

+

DOUBLE REWARDS POINTS
Earn double the Hudson's Bay Rewards points with Hudson's Bay Credit.

+

FREE DELIVERY
Free local delivery on mattresses with the purchase of a Total Guard Protection Plan.

+

COMFORT GUARANTEED
A 60-day money-back guarantee on mattresses.

SPECIAL PAYMENT PLANS: On approved credit only. Available on selected merchandise when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card. Minimum purchase $500 (before taxes). Applicable on in-store purchases only. Equal monthly payments required. See store for details. Hudson's Bay, Hudson's Bay Credit, Home Outfitters, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated.

3-DAY SUMMER SAVINGS

FRIDAY, SATURDAY, SUNDAY • August 19th - 21st

YOU PICK your rate!

*This will apply to all in stock pre-owned units

24 Months 0% | 36 Months 0.9% | 48 Months 1.9% | 60 Months 2.9%

2015 LEGACY LTD AWD

LEATHER, NAVIGATION, SUNROOF, BACK UP CAMERA, FULLY LOADED

ON SALE $19,888

2016 SUBARU BRZ

AUTOMATIC, SUPER SPORTY, TOUCH RADIO, BOXER ENGINE, BLUETOOTH

NOW ONLY $26,647

2015 MITSUBISHI RVR

10 YEAR WARRANTY! ALLOY WHEELS, AUTO, LOW KM'S, SPLIT FOLDING REAR SEATS

ON SALE $19,751

2010 TOYOTA VENZA

V6 POWER, LEATHER, SUNROOF, ALLOY WHEELS, SPLIT FOLDING REAR SEATS

ONLY $20,655

2015 FORESTER LTD XT

2.0L TURBO, NAVIGATION, SUNROOF, HARMON KARDON PREMIUM AUDIO

ON SALE $28,811

2012 FORESTER AWD

POWER SUNROOF, HEATED SEATS, SYMMETRICAL ALL WHEEL DRIVE

NOW ONLY $18,323

2015 WRX AWD

2.0 TURBO ENGINE. 268HP! LOW LOW KMS, BLUETOOTH, A MUST SEE!

ONLY $27,878

2015 IMPREZA AWD

BACK UP CAMERA, BLUETOOTH, SYMMETRICAL AWD, HEATED SEATS

NOW ONLY $16,888

2015 IMPREZA AWD

READY FOR SUMMER! SPOILER, ALLOY WHEELS, HEATED SEATS

ONLY $18,888

2014 SUBARU BRZ

200HP, NAVIGATION, BLUETOOTH, PERFORMANCE TUNED SUSPENSION

NOW ONLY $26,888

2014 LEGACY AWD

HEATED SEATS, SUNROOF, SYMMETRICAL ALL WHEEL DRIVE, BLUETOOTH

ON SALE $16,677

2016 LEGACY LTD W/TECH

EYESIGHT TECHNOLOGY, NAVIGATION, LEATHER, SUNROOF, V6

ONLY $31,777

RICHMOND SUBARU

3511 NO.3 ROAD,
RICHMOND, BC. V6X 2B8

CALL 1.866.578.0288

www.richmondsubaru.com

2018 CONSUMER SATISFACTION AWARD

Dicken | Robin | Edwin

Austin | Tim | Nader

All vehicles advertised are plus $595 documentation fees, $695 finance fees and $199 preparation fee, manufacture cash credits are applied to new and used Subaru pricing advertised. All ICBC reports and Car Proofs available on request. DL #31150

Gord's last show

THE TRAGICALLY HIP

City releases tickets for showing at Playhouse

Wanyee Li
Metro | Vancouver

Lower Mainland fans of the Tragically Hip can gather for one last chance to see lead singer Gord Downie perform at various public screenings of Saturday's televised concert held in Downie's hometown of Kingston, Ont.

In a release on Thursday, Vancouver Mayor Gregor Robertson announced that the city would be screening the televised Man Machine Poem Tour finale at the Vancouver Playhouse.

Six hundred tickets for the event will be issued on a first-come, first-served basis at the Queen Elizabeth box office from noon to 2 p.m. on Friday.

"There is no doubt that Vancouver loves the Hip, and will embrace this show as Canada comes together to celebrate one of our country's quintessential rock bands' last live show this weekend," Robertson said in a release.

"The legacy and impact of the Hip's music will live on for years to come and while this final concert will be bittersweet, Vancouver will heartily celebrate the officially proclaimed Tragically Hip Day every year on July 26."

Saturday's event at the Playhouse begins at 3:30 p.m. with the concert starting at 5:30 p.m.

The event is for those 19 years and older as alcohol will be sold inside the concert hall.

WATCH IT

Places showing the Hip's last concert:

- Civic Square, Burnaby
- Columbia Street at Elliott Street, New Westminster
- River Rock Show Theatre, Richmond
- Commodore Ballroom, Vancouver
- The Park Theatre, Vancouver
- West Vancouver Community Centre, West Vancouver
- All Boston Pizza locations

Gord Downie performs in Victoria, the first stop of the Man Machine Poem Tour, on July 22. CHAD HIPOLITO/THE CANADIAN PRESS

Making miracles happen for BC's kids

RE/MAX helps to ensure BC's children receive the best health care possible. Thank you to everyone at RE/MAX for raising $753,442 dollars through the Miracle Home® Program and making a difference in the lives of children and families in British Columbia!

Each RE/MAX office is independently owned and operated.

for more information please visit
bcchf.ca

Children's Miracle Network | BC Children's Hospital Foundation

TransLink's new Mark III SkyTrain arrives at Waterfront Station for its first day of service Thursday. MATT KEILTYKA/METRO

Mark III rolls into service

SKYTRAIN

TransLink touts car as big milestone

Matt Kieltyka
Metro | Vancouver

More room, fewer seats, better circulation and some air-conditioned relief for sweaty summertime transit users.

TransLink put the first of its "Mark III" SkyTrain cars into service Thursday as the transit authority ramps up to the opening of the Evergreen Line.

The newest generation of the Bombardier-built trains has more interior space, continuous access throughout the length of the train, more efficient heating and air conditioning systems, improved lighting, bigger windows and open spaces for bikes and strollers — albeit at the expense of additional seating.

The train that went into service Thursday is the first of an initial order of seven trains, at the cost of $91 million as part of the Evergreen project's $1.43 billion budget.

It will operate along the Waterfront to King George Expo Line.

"This is a major milestone, it's really the first step towards the implementation of the Evergreen Line in a few short months," TransLink CEO Kevin Desmond said before the car's maiden trip from Waterfront Station. "This station alone is the busiest on the system with some 50,000 boarding every day. Expanding the system and adding capacity right now with these new trains is very important."

With new federal and provincial funding on the way, Desmond says TransLink hopes to buy another set of 28 Mark III cars and have them in service within the next three years.

The province has previously stated the Evergreen Line will be operational by early 2017.

MUNICIPAL MATTERS

Mobi bike share opens up to public

Jeff Hodson
Metro | Vancouver

Vancouver's new public bike-share system is moving beyond its soft launch and is now offering short-term and monthly passes to non-founding members.

The Mobi bike-share system has expanded to 46 stations and almost 500 bikes. It launched a month ago with 23 stations and 250 bikes.

"Mobi has been well-embraced by Vancouverites, with more than 25,000 rides and 3,700 local founding members since the soft launch last month, and we're just getting started," said Mayor Gregor Robertson in a press release on Thursday.

"With over half of trips in Vancouver made by walking, bike or transit, Mobi has been a great addition to our active transportation network."

Mobi launched in Vancouver on July 20, selling one-year memberships to "founding" members to test the system.

As of Thursday, the bikes are available to anyone with the purchase of a day pass for $7.50, which allows unlimited 30-minute rides. Monthly passes for $10 to $20 are also available.

The public bike share, which operates in the downtown peninsula from Arbutus to Main Street, north of 16th Avenue, aims to triple in size, eventually expanding to 150 stations and 1,500 bikes.

DOWNTOWN EASTSIDE

Suspects in custody over shooting

Vancouver police are investigated an apparent shooting after a man was rushed to hospital Wednesday evening.

Officers were called to the intersection of Columbia and East Pender streets in the Downtown Eastside around 6:30 p.m. after reports of the shooting in the area.

There, they found a man suffering from gunshot wounds.

The victim was rushed to hospital with non-life threatening injuries.

Two suspects were arrested about an hour later.

They remain in custody.

Vancouver police say all three people are known to police and that the shooting appears to be targeted.

MATT KIELTYKA/METRO

IN BRIEF

Homicide investigators take case after Abbotsford shooting turns fatal

Investigators say the victim of a fatal shooting in Abbotsford was targeted.

Police say the man was attacked in the northwest side of the city just after 9 p.m. Wednesday.

The Integrated Homicide Investigation Team says officers performed first aid until an ambulance arrived.

The unnamed man was rushed to hospital, but he died within an hour of being shot.

Police are asking anyone with information to contact them.

THE CANADIAN PRESS

Instructor Employment Opportunities Now Available

Are you an ICBC licensed Driving Instructor?

Mercedes-Benz Driving Academy for New Drivers offers industry-leading compensation, more students, unique benefits including a Mercedes-Benz school car and an opportunity to advance within the organization.

We will pay for additional training which provides the qualified applicant with the tools they need to coach students at a higher level, currently not practiced in the industry.

Come experience all the benefits of being a Mercedes-Benz Driving Academy coach.

Mercedes-Benz Driving Academy for New Drivers
www.mb-drivingacademy.ca/ca/employment
info@mbdrivingacademy.ca or call 604-460-5004

Mercedes-Benz
The best or nothing.

VANCOUVERING

‘Love is greater than cancer’

Crowd-funded kids book shows power of community support

CITY STORIES LIFE LESSONS

David P. Ball
Metro | Vancouver

Alex Duncan was amazed the day 1,000 copies of a cloth-covered children’s book arrived on her Vancouver doorstep two months ago.

The surprise wasn’t their delivery — she had, after all, authored and self-published the book An Army of Hearts.

It was their early arrival date: June 20 was also the three-year anniversary of the death of her father, Norm, of cancer at age 65.

“My original intention was to make a book for my dad when he was going through his treatment,” she told Metro. “I wrote a poem for him, saying over and over, ‘My dad’s doing okay — he has an army of support.’

“I had this idea to create something to make him feel more connected to his community, who cared so much about him.”

She decided to make that “army of support” tangible and packed a green suitcase with small hearts she painted, and photographed 200 of her father’s friends and family holding a heart for him.

That idea blossomed into An Army of Hearts.

It’s a “hero’s journey” about Ida, a young girl Duncan describes as a “tomboy and her scruffy dog who set out on a mission” to rally support for a father with cancer.

“She doesn’t know what she’s going to find, or what world will throw at her,” Duncan explained, “so she’s packing up a suitcase of everything she thinks she’ll need.”

She wanted the book to avoid offering readers a simplistic message or false hope about cancer treatment, because everyone’s experience of a loved one’s illness or death is unique.

“You can’t say, ‘This is how you should feel,’” she said.

For Ida’s father, his outcome isn’t even revealed: instead, the story closes with the pair hugging and the words, “Love is greater than cancer.”

Opting to self-publish, Duncan crowd-funded $16,000 through Indiegogo to hire artist Paul Morstad, which she said was another example of wide community support and love.

> “There is this power that isn’t really explicable or definable: the collective love and support we give and feel when life is really hard. Alex Duncan

Author Alex Duncan with her book An Army of Hearts and her dog Maddie at her Vancouver home. JENNIFER GAUTHIER/FOR METRO

Morstad illustrated the story through delicate watercolours, opening the book with a muted grey palette which brightens gradually as Ida assembles an “army” of whimsical wild animals (and even a David Bowie cameo) marching with red hearts for her ill dad.

“I wanted an image of people and animals marching collectively, energetically and thunderously,” she said, “to make him feel more connected to his community, who cared so much about him.

“There is this power that isn’t really explicable or definable: the collective love and support we give and feel when life is really hard … For my dad, he didn’t survive, and yet the book still does; there are things that are more lasting.”

An Army of Hearts can be found in Vancouver at Kidsbooks (2557 West Broadway Ave.), Much & Little (2541 Main St.), and Collage Collage (3697 Main St.), or online at www.anarmyofhearts.com.

Automotive TRAINING CENTRES

TRY THE TRADES

Get in the driver’s seat and join us for an eye opening experience. See the Mechanics and Auto Body trades in action.

Have you ever wondered what we teach and how we do it?
Have you ever seen how car paint is mixed and sprayed?
How to tell when your brakes need replacement?

We want to show you how people start their dreams of getting a trades ticket.
It all starts here, in our school. We want you to see it first hand.

Interact with a class in progress with actual students on their way to success.

OPEN CLASS | WHEN? Thursday, August 25th from 9AM - 1PM
WHERE? 12160 88th Av. Surrey BC

We will have a draw for a Lordco gift card every hour. Complimentary hot dogs and refreshments. Come and join us for our open house. Rain or shine.

604.635.2230 | LOVECARS.CA

THINK BIG. LIVE LOCAL

Local surf culture embraces DIY ethic

Make-your-own-board movement combines city's love of water, fitness and craftsmanship

VANCOUVER TRENDING

CUSTOM WAVE

Amy Logan
For Metro | Vancouver

From stand-up paddleboarding at Kits Beach to kiteboarding off Spanish Banks, opportunities abound for Vancouverites keen to see their city from a watery vantage point.

And despite its relatively sheltered geography, Vancouver is also a growing hub for surf culture.

A recent proposal for an artificial surf park in False Creek generated huge public interest. UBC Surf Club, which brings surf aficionados together, boasts a healthy membership, and heavy winds and big swells frequently lure winter surfers to Ambleside.

A number of shops rent out surfboards, but for the truly committed, a custom designed or DIY handcrafted board is the ultimate ride. Instead of finding the perfect board, a growing number of Vancouverites are making their own, merging the city's love of water, fitness and craftsmanship.

Vancouver's Shaper Studios offers group classes and private lessons in shaping and glassing. With a strong background in international surfing, the studio is one of the first public surfboard workshops. Starting with a large piece of foam and a template, participants can build anything from high-performance short boards to streamlined long boards.

East Van's Switchblade Surfboards custom-designs boards, taking into account size, style, and the surfer's abilities and preferences. They also offer retail and specialized repair.

Lambrecht Surfboards builds custom wooden surf and paddle boards, and offers workshops in board building. Longtime surfer and company founder Andy Lambrecht divides his time between Sayulita, Mexico and Pemberton. Using mainly reclaimed Western red cedar, he combines his extensive surfing expertise and carpentry skills to create "functional pieces of art."

Board-building workshops range from three to seven days. Students create their own surf or standup paddleboards, developing confidence and what Lambrecht calls a "sense of self-empowerment." Lambrecht Surfboards is offering a workshop at Maker Labs in October.

The durability and longevity of the boards, and the use of low-fume epoxy resin means they're also highly sustainable. As a carpenter, Lambrecht has incorporated wood from torn-down fences and decks. "There is a story behind every board," he said.

Participants leave the workshops "with a beautiful board under their arm," he said. "People will be asking where you got it, and it's satisfying to say you made it yourself."

Surfing enthusiasts build their own surfboards during a Vancouver board workshop at Maker Labs.
CONTRIBUTED

FOOD NOTES **BADLY NEEDED BREAKFAST**

Chinatown's Roost rules the A.M.

Erin Ireland
Metro | Vancouver

Breakfast options might be what Van lacks most. It's hard to find a spot that opens early, serves good food and pours great coffee.

Enter Roost, the new café-bistro that's taken over the old Hogan's Alley space at Gore and Union in Chinatown. Loads of natural light and fresh air make it a morning happy place. Chef and owner Andy Franko oversees a small but well-done breakfast menu, which includes avocado toast served on your choice of thin sourdough or multi-grain and topped with citrusy puréed avocado spread, avocado wedges, finely grated carrots, microgreens and olive oil. The bread could've been chewier and thicker, but the creation is a winner.

On the lunch side, I bet salad connoisseurs will agree that Roost's is simple perfection: finely sliced vegetables, a well-balanced, nicely acidic dressing, enough tossing so each of the fresh greens is completely coated and some richness via avocado.

Roost is open for breakfast and lunch from 7 a.m. to 3 p.m., Tuesday to Friday, and Saturday from 8-4 p.m.

Get the right knowledge, tools and resources to start your own business with the **Self-Employment Program**

Dream about starting your own business?

You may be eligible if you are:
- Receiving Employment Insurance (EI) currently; or
- Received EI within the last 3 years; or
- Received Maternity and/or Parental benefits in the last 5 years

For more information, contact us at:

VANCOUVER WESTSIDE
300 - 2150 W Broadway
Tel 604.688.4666

VANCOUVER SOUTH
7575 Cambie Street
Tel 604.263.5005

WorkBC Employment Services Centre / Centre de services à l'emploi
YWCA METRO VANCOUVER
Canada BRITISH COLUMBIA
Services disponibles en français
ywcajobseeker.org

ASK ABOUT OUR EVENING CLASSES!

PRACTICAL NURSES

EARN A MEDIAN WAGE OF $25.50/HR*

CDI College's **Practical Nursing** graduates have repeatedly achieved **100% passing rates** on the Canadian Practical Nurse Registration Exam (CPNRE)! Apply today and start training for a rewarding career in healthcare!

1.800.360.7186 / STUDYPN.CDICOLLEGE.CA

ACCOUNTING & PAYROLL ADMINISTRATOR | DENTAL ASSISTING PHARMACY ASSISTANT | AND MORE!

Financial assistance may be available to qualified applicants. | *jobbank.gc.ca
**Attendees must check-in at the front desk to qualify. One winner per campus. Other restrictions apply.

DIPLOMACY

Trudeau bound for China

Justin Trudeau heads to China this month on a visit that's expected to lay the groundwork for his approach to Canada's sometimes-bumpy relationship with the world's second-biggest economy.

The prime minister's week-long tour, from Aug. 30 to Sept. 6, will stop in Beijing, Shanghai, Hong Kong and Hangzhou for the G20 leaders' summit.

Trudeau has signalled his intention to deepen business ties with China, as his government looks to make inroads into the rapidly expanding Asian markets. The push could one day lead to a free-trade deal, something China has said it would like to pursue.

But Trudeau will also have to balance any pursuit of business ambitions with concerns over human rights in the country.

In June, Chinese Foreign Minister Wang Yi harshly criticized a Canadian journalist who asked about the country's human-rights record. In response, Trudeau said he would continue to bring up human rights "every chance we get." THE CANADIAN PRESS

ALBERTA

No regrets for mom paralyzed in rescue

An Alberta woman who rushed toward a tent to save her children from a falling tree branch may never walk again but says she would do it again.

Jessica Dicks, 27, from Athabasca, says her family was camping at a provincial park about two hours north of Edmonton on July 3 when the wind picked up and she heard the branch crack.

It was raining and her daughters, ages 6, 4 and 10 months were all inside the tent, so she raced to save them.

Then it all went dark. Her next memory was waking up in a hospital bed.

Dicks suffered a severe spinal injury, several fractures, multiple broken ribs, a crushed sternum, a collapsed lung and a large gash on her neck that needed 20 staples to close.

Doctors have told her that her chances of walking again are slim to none, but she says it would be worse if it was one of her children in a hospital bed.

"That would be unbearable. This is tolerable. I can live with this," said Dicks, who is still in hospital in Edmonton.

Her eldest child calls her mother a hero.

"It's weird to be called a hero, to be called a lifesaver," Dicks said. "I think any mother would do it and I would do it again if I had to."

THE CANADIAN PRESS

Jessica Dicks, 27, from Athabasca. CONTRIBUTED

Video footage showing Aaron Driver behind RCMP Deputy Commissioner Mike Cabana, left, and Assistant Commissioner Jennifer Strachan during a press conference in Ottawa on Aug. 11.

JUSTIN TANG/THE CANADIAN PRESS

Mounties quiet on terror plot

INFORMATION

Aaron Driver investigation shrouded in secrecy

The RCMP has thrown a cloak of secrecy over many of the details around its Aug. 10 takedown of alleged terrorist Aaron Driver, saying investigations are ongoing.

In the immediate aftermath of the incident senior RCMP commanders provided a few key pieces of the story but put off many questions. They said investigations into a "still unfolding event" had not been completed.

But the Mounties were clear last week they had no information that Driver had any accomplices in what they said was a plan to cause mass casualties in an urban centre with a homemade explosive device.

One week after his death, the Mounties remain tight-lipped.

Cab driver Terry Duffield, who was injured in the event, is demanding answers to his questions.

Duffield spoke out Thursday to say the police put his life in danger by failing to warn him as he waited in the driveway for the 24-year-old to emerge from his sister's home in Strathroy, Ont.

"Why did the police put my life in jeopardy? They did absolutely nothing to help me at any time," Duffield told the London Free Press.

The RCMP did not respond to a request Thursday for comment on Duffield's concerns. The RCMP also declined repeated requests over the past few days for information about the status of the investigation into what explosive material Driver had amassed, and how and where he obtained the material.

> **Why did the police put my life in jeopardy?**
> Terry Duffield

At the time of his death, Driver was subject to a peace bond that restricted his Internet and cellphone communications and banned him from possessing or acquiring any firearms, ammunition, prohibited devices or explosive substances.

TORSTAR NEWS SERVICE

BECOME AN OPTICIAN
...in only 6 months!

Optical Dispensing is a high-growth industry with good pay and job security. *Or, even start your own business!!*

'Morning Classes' begin Sept. 19th, 2016

'Afternoon Classes' begin Oct. 11th, 2016

BC COLLEGE OF OPTICS

#208 - 10070 King George Blvd. Surrey BC

604.581.0101 • www.bccollegeofoptics.ca

Borrow up to $5,000.

For big changes.

We can help. Money Mart®

*Instalment loans offered in select provinces only. See moneymart.ca for details. Loan principal amounts vary between $1000 and $5000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 36 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All Rights Reserved.

>> The new 2016 smart fortwo.

The urban original is more fun, and more responsive than ever. Hurry in, offer ends soon.

The new 2016 smart fortwo pure. Total price starts at $19,555**

Lease payments	Lease APR[1]	Plus
$199	2.9%	$1,000
$4,707 down[1]	for 45 months	in delivery credits[2]

**License, insurance, registration, options & taxes extra.

a Daimler brand

1-855-586-4491 vancouver.thesmart.ca

smart Centre Vancouver	smart Centre Boundary	smart Centre North Vancouver	smart Centre Richmond	smart Centre Surrey
550 Terminal Avenue	3550 Lougheed Highway	1375 Marine Drive	5691 Parkwood Way	15508 104 Avenue
Vancouver	Vancouver	North Vancouver	Richmond	Surrey
D#6276	D#6279	D#5277	D#5278	D#11013

©2015 smart Canada, a Division of Mercedes-Benz Canada Inc. Model shown is a 2015 smart fortwo coupe. *Total price for the 2016 smart fortwo coupe is $19,555, which includes an MSRP of $17,300 plus freight/PDI of $1,425, dealer admin fee of $595, air-conditioning levy of $100, PPSA up to $40 and a $20.00 fee covering EHF taxes, filters and batteries. [1]Lease offer based on the 2015 smart fortwo pure coupe stock #K1595442. Lease example based on $199 (excluding taxes) per month for 45 months. Due on delivery includes down payment or equivalent trade of $4,707, plus first month lease payment, security deposit, and applicable fees and taxes. Lease APR of 2.9% applies. Total cost of borrowing is $1,215, total obligation is $18,362. 12,000 km/year allowance ($0.20/km for excess kilometres applies). Lease offer is available only through Mercedes-Benz Financial Services on approved credit for a limited time. [2]Please note a delivery credit of $1,000 has been applied/included in the calculation of the monthly lease payment on the 2015 smart fortwo pure coupe. It is a one-time credit for deals closed before August 31, 2015. Certain limitations apply. **Vehicle licenses, insurance, and registration, options and taxes are extra. Offer may change without notice and cannot be combined with any other offers. Dealer may lease, finance, or sell for less. See your Vancouver Retail Group smart Centre for details or call smart Vancouver Customer Relations at 1-855-586-4491. Offer valid on vehicles delivered on or before August 31, 2015.

Omran's image shocks world

AIRSTRIKES

Boy brings to mind drowned Syrian refugee Alan Kurdi

The Russian military said Thursday it was ready to back a United Nations call for weekly cease-fires for Syria's contested city of Aleppo, as haunting footage of a young boy's rescue from the aftermath of an air strike shook global media.

The image of the stunned and weary-looking boy, sitting in an ambulance caked with dust and with blood on his face, captured the horror that has beset the war-torn northern city.

An hour after his rescue, the badly damaged building the boy was in completely collapsed.

A doctor in Aleppo identified the child as five-year-old Omran Daqneesh. He was brought to the hospital, known as "M10," on Wednesday night, following an airstrike by Russian or government warplanes on the rebel-held neighbourhood of Qaterji, said Dr. Osama Abu al-Ezz. The boy suffered head wounds but no brain injury and was later discharged.

Rescue workers and journalists arrived shortly after the strike and described pulling victims from the rubble.

"We were passing them from one balcony to the other," said photojournalist Mahmoud Raslan, who took the photo. He said he had passed along three lifeless bodies when someone handed him the wounded boy. Raslan gave the child to a rescue worker.

> **It was as if he was asleep. Not unconscious, but traumatized — lost.** Mahmoud Abu Rajab

Eight people died in the strike, including five children, according to a doctor who gave only his first name, Abo Mohammadian. Many doctors working in Aleppo's opposition areas do not give their full names for fear of reprisals against their relatives.

A nurse who treated Omran said "he was in a daze."

"It was as if he was asleep. Not unconscious, but traumatized — lost," said Mahmoud Abu Rajab.

Omran's three siblings, ages 1, 6, and 11, and his mother and father were also rescued from the building. None sustained major injuries.

The powerful imagery reverberated across social media, drawing to mind the anguished global response to the photos of Alan Kurdi, the drowned Syrian boy whose body was found on a beach in Turkey and came to represent the horrific toll of Syria's civil war.

THE ASSOCIATED PRESS

A child sits in an ambulance after being pulled out of a building hit by an air strike on Wednesday in Aleppo, Syria.

ALEPPO MEDIA CENTER VIA THE ASSOCIATED PRESS

HAITI

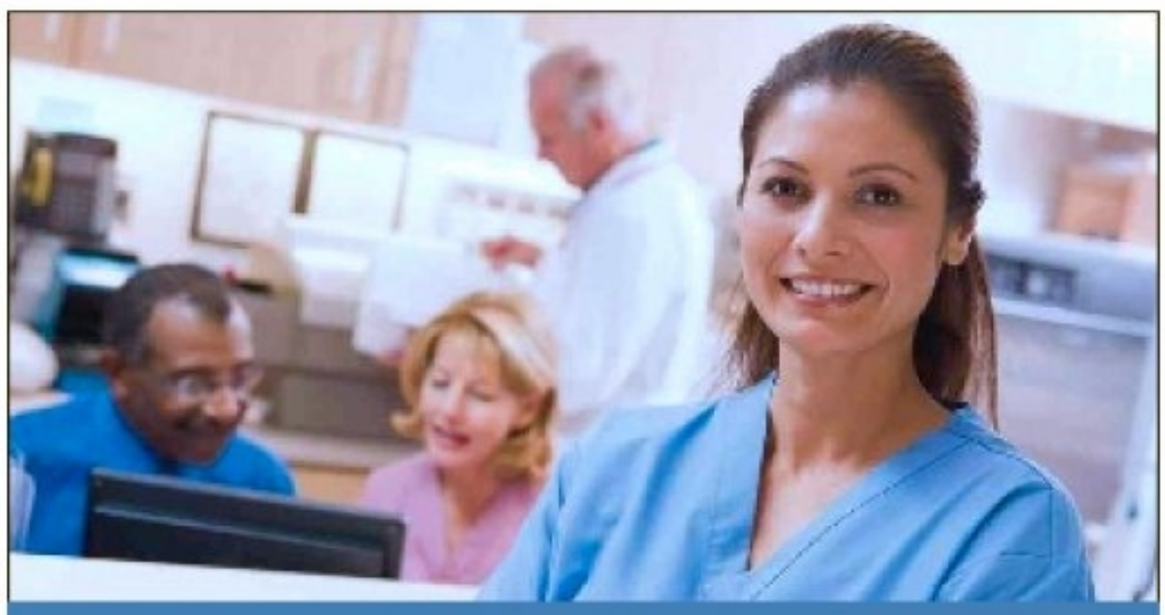
Cholera victims need more, UN admits

The United Nations says it needs to do "much more" to address its own involvement in the introduction of cholera to Haiti and the suffering of those affected, estimated at more than 770,000.

Researchers say there is ample evidence that cholera was introduced to Haiti's biggest river in October 2010 by inadequately treated sewage from a UN peacekeeping base. The United Nations has never accepted responsibility, and has answered lawsuits on behalf of victims in U.S. courts by claiming diplomatic immunity.

UN deputy spokesman Farhan Haq's statement referring to the UN's "own involvement" came a step closer to an admission of responsibility and was welcomed by lawyers for the victims.

"This is a major victory for the thousands of Haitians who have been marching for justice, writing to the UN and bringing the UN to court," said Mario Joseph, a Haitian human-rights attorney whose law firm is leading a claim on behalf of 5,000 victims who blame the UN for introducing the disease. THE ASSOCIATED PRESS



Health Care Assistant

31 WEEKS TO CERTIFICATION $4,000
BURSARY STILL AVAILABLE! START DATES IN SEPT and JAN

Call for details and start working and earning: 604-730-1106
1338 West Broadway, Suite 202 Vancouver BC V6H 1H2 Email: info@Pacificcollege.ca

Pacific Coast Community College

PCTIA ACCREDITED

GET PRE-APPROVED NOW!
SIMPLE AND SECURE APPLICATIONS
Specializing in:
• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607

CALL TODAY FOR FREE CREDIT CONSULTATION
NO PAYMENTS FOR 6 MONTHS OAC
$0 DOWN PAYMENT
FREE OIL CHANGES FOR LIFE WITH PURCHASE
Offer valid until August 31, 2016.

DRIVE AWAY TODAY!

HONDA

bchonda.com

FIND YOUR H PLACE.

2016 CR-V LX

LEASE FOR $72* @ 1.99%‡ APR* $0 DOWN PAYMENT‡

Weekly on a 60 month term with 260 payments.
MSRP $28,015** includes freight and PDI.

PLUS A $1,500¥ HONDA BONUS

CLEAROUT BONUS OF UP TO $3,000£ ON SELECT 2016 CR-Vs

They're going, going, *GONE...*

2016 **HR-V** LX

LEASE FOR $68* @ 4.99%‡ APR* $0 DOWN PAYMENT‡

Weekly on a 60 month term with 260 payments.
MSRP $22,515** includes freight and PDI.

2016 **ACCORD**

$2,000†

Cash purchase incentive on select 2016 models

Accord L4 LX CVT starting from
MSRP of $27,345** includes freight and PDI.

The Honda 2016.5 MODEL CLEAROUT

It's your last chance to save on remaining 2016s, only at your local BC Honda dealer

¥$1,500 Honda bonus consumer incentive dollars are available on all 2016 CR-V models. Honda bonus consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. £$3,000 clearout bonus on the 2016 CR-V LX AWD is comprised of $1,500 consumer incentive dollars and $1,500 customer cash rebate. Consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. Customer cash rebate will be deducted from the negotiated price after taxes and can be used in conjunction with any HFS Standard Rate Programs. $1,500 clearout bonus on 2016 CR-V models (LX 2WD, SE AWD, EX AWD, EX-L AWD, and Touring AWD) is comprised of $1,500 consumer incentive dollars. Consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. †$2,000 Honda cash purchase incentive is available on select 2016 Accord models (4D LX CVT, 4D L4 LX HS CVT, 4D Sport, 4D EX-L, 4D Touring). Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with sub-vented lease or finance offers. ‡Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. *The weekly lease offer applies to a new 2016 CR-V LX 2WD RM3H3GE1/HR-V LX 2WD 6MT RU5G3GEX for a 60-month period, for a total of 260 payments of $71.95/$67.86 leased at 1.99%/4.99% APR based on applying $678.40/$519.20 "lease dollars" (which are deducted from the negotiated selling price after taxes). ‡Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,707.00/$17,667.00. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $28,015/$22,515/$27,345 based on a new 2016 CR-V LX 2WD RM3H3GE1/2016 HR-V LX 2WD 6MT RU5G3GEX/2016 Accord 4D L4 LX CVT CR2F3GE including freight and PDI of $1,725/$1,725/$1,695. Prices and/or payments shown do not include tire/battery tax of $25, or air conditioning charge (where applicable) of $100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from August 3rd through 31st, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

metro SCIENCE

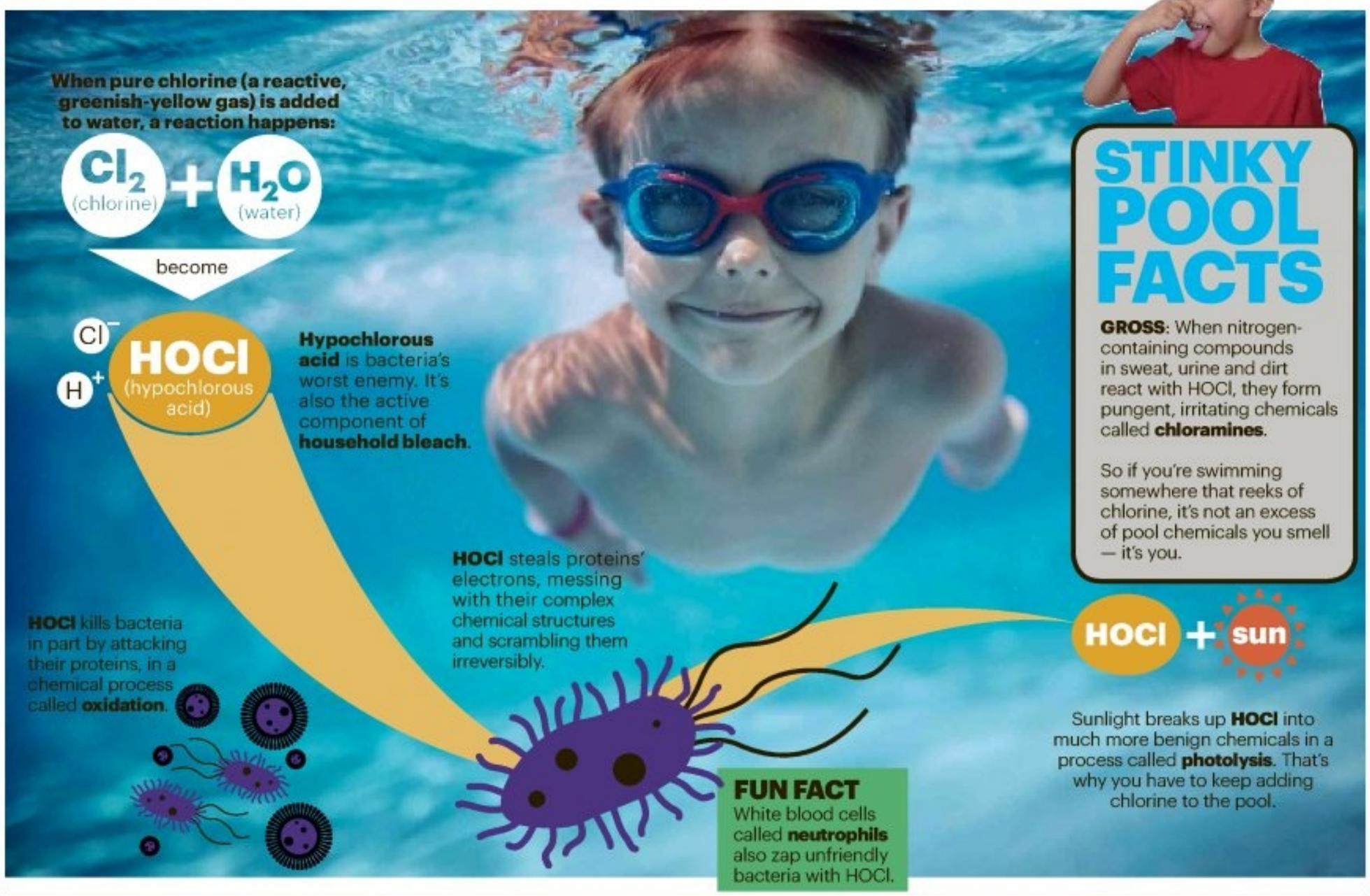
Your essential daily news

Too many video games? A new study suggests millennials 20-34 have a weaker hand grip than older generations.

DECODED by Genna Buck and Andrés Plana

UNDER THE SURFACE OF POOL SAFETY

Nothing is better than a summer swim — but if there's no lake or ocean near you, there's a good chance you'll be splishing and splashing in chlorine. The somewhat stinky chemical is necessary to kill harmful bacteria. There's also a good reason for the rule about taking a shower before swimming, even though it's tempting to skip that step and dive right in. **Here's why.**



CITIZEN SCIENTIST by Genna Buck

Beware of beauty science

How can I tell if beauty product claims are legit? — E., Ottawa

Here's what I do: I look at the label, then pop the name of the active ingredient into Google Scholar with the words "systematic review," to see if it's among the few (like retinoids, a wrinkle remedy), supported by research.

But usually I don't find much. That's because B.S. (beauty science) is rife with exactly what its acronym implies.

Beauty bafflegabbers — bloggers, estheticians, women's magazines, salespeople, even my more cosmetic-savvy friends — can be very convincing with their "facts." They say "You need this, it's good for you," so confidently, and they always look impeccable, and beauty noobs like me can easily be taken in.

But lately I've been pushing back and asking these B.S.ers "What's the evidence for that?"

Their evidence typically consists of appeals to authority and/or celebrity (dermatologists/Chinese healers/Angelina Jolie use this), and vague assurances the product is "clinically proven."

Well, a 2013 study showed more than 80 per cent of claims in beauty ads are either false or so vague they're meaningless. Don't even get me started on clinical studies of cosmetics: They rarely include more than a handful of participants, are done in-house by the companies themselves, and wilfully use biased methodology.

There's only one way to navigate this minefield of B.S. Brush up on your science vocab. I recently re-watched Crash Course Chemistry and Crash Course Biology on YouTube (I forget everything I learned in university). And suddenly I've been noticing flagrant misuse of technical terms everywhere. Example: A wrinkle-care mask that exclaims "formulated with peptide!" on the label.

Peptides are chains of amino acids — a.k.a. the fundamental building blocks of proteins, and therefore all living things. You'd be better off laying a slice of roast turkey on your face.

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

ISTOCK

MOUSE MICROBES
Scientists think they've nabbed the smallest culprit in the reproducibility crisis. Differences in bacteria living in the guts of lab mice seem to account for some differences in results of identical studies.

FIFTH FORCE?
A team of Polish scientists minding their own business, chucking protons at sheets of lithium to look for signs of dark energy, say they've found something far more interesting: A new, super-light subatomic particle. Its existence, if confirmed, would imply an additional type of force in the universe aside from the fundamental four we know.

SOUND SMART

DEFINITION
Stoichiometry is the precise calculation of reactants and products in a chemical reaction. Using **stoichiometry**, scientists balance chemical equations so they're equal on both sides. That's because matter cannot be created or destroyed.

USE IT IN A SENTENCE
Deborah's **stoichiometry** was off. She put too much baking soda in her volcano and her "lava" ended up all over the floor.

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at www.mymetrostore.ca

metro Your essential daily news

CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod**
VICE PRESIDENT & EDITOR **Cathrin Bradbury**
EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shrout**
MANAGING EDITOR VANCOUVER **Jeff Hodson**
ADVERTISER INQUIRIES adinfovancouver@metronews.ca **General phone** 604-602-1002
FREE TO SHARE

metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

How to channel an arms dealer

INTERVIEW

Jonah Hill had homework to do to play Efraim Diveroli

Richard Crouse
For Metro Canada

Jonah Hill as arms dealer Efraim Diveroli in War Dogs. "I try to approach it from a therapeutic point of view," he says of playing real-life people. "Get into the psychology of why people behave the way they do." CONTRIBUTED

By definition the term 'war dogs' refers to "bottom feeders who make money off war without ever stepping foot on the battlefield."

In the new film War Dogs Jonah Hill plays Efraim Diveroli, a true to life 20-something arms dealer who fits that description to a tee.

"You try to understand why someone would end up like that," Hill says when I ask how he got inside the head of the fast-talking character. "It might be a combination of wiring, lack of empathy, ego and insecurity and obsessiveness. I don't know. I try to approach it from a therapeutic point of view. Get into the psychology of why people behave the way they do. Probably most actors do that."

He wasn't able to meet the real-life Diveroli but he was able to piece together the character without a face-to-face.

"I would always prefer to meet the person but if someone was playing me in a movie I would give them the best version of myself. A lot of times when you meet the person you end up having to be a really good editor, choosing what to include, but always I found meeting the people around them ends up being more helpful to me because they are giving you a warts-and-all portrayal of the person at that time."

Hill found that version of Diveroli from many sources.

"I had a lot of help," he says. "I got to meet David, who Miles (Teller) plays, and a few people who knew Efraim at that time. The biggest key was that they are from Miami and Miami culture is very specific. There is a very big sense of the American dream there, in a positive and negative way. There's a big immigrant culture. People from Cuba and Haiti end up in America for the first time through Miami. Efraim is a corruption of that (American) dream."

In the film Efraim is a self-described "Ugly American," a borderline sociopath for whom belligerence is a default setting.

The unhinged nature of the character and Hill's venal glee in playing up the worst in human nature keeps War Dogs interesting but some audience members see it differently.

Recently a crew of South African arms dealers approached Hill in a restaurant after seeing a trailer for War Dogs.

They were impressed and wanted to high five the actor. He says the same thing happened after he made Wolf of Wall Street, another film where he played a morally ambiguous character who struck a chord with the very people it was satirizing. "A lot of times Wall Street bros will come up to me as if the movie is their Goodfellas or Scarface. People see what they want to see. It is a little scary sometimes when people misinterpret."

He describes the run in with the arms dealers as "uncomfortable."

"You don't want to make it an overly uncomfortable environment while that is happening," he says, "but you also don't want to lie and be dishonest that you are agreeing with them. You don't want to make them feel bad about their misinterpretation. It's an unusual an awkward situation to be sure. In the end, we all want to be seen as heroes in our own story, I guess."

MOVIE RATINGS by Richard Crouse

War Dogs	★★★
Hell or High Water	★
Kubo and the Two Strings	★
Ben-Hur	

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

SUMMER BODIES ARE MADE NOW!
Venus Freeze
The most advanced thermal-magnetic solution for pain-free treatment of Cellulite & Wrinkles, Body Contouring & Skin Tightening on the Face, Neck & Body!
FDA & Health Canada Approved
ANY 30 minute appointment on ANY Body Part
1st Treatment Only $99 (regularly $275)
* One per client. 30 min appointment includes 20 min treatment. Multiple treatments required for optimal results.
604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

Beach House
TANNING & SWIMWEAR
Tanning is not just for special occasions...
Summer Special
Buy any tanning package and lotion... & Get Double the minutes!
763 Sixth Street, New Westminster, BC
604.525.4444 • www.beachhousetanning.ca

Your Adventure Awaits...
Mention this ad & receive 10% OFF
1820 Mast Tower Rd (Granville Island)
604.754.7535 • www.pirateadventures.ca

An impressionistic painting of Japan

INTERVIEW

Kubo and the Two Strings is stop-motion magic in film

Steve Gow
For Metro Canada

Whether it's the pressure of following in his father's famous footsteps or just sheer love of the art, Travis Knight is changing the world of animated movies with an outsider's point of view.

After all, the founder of Laika studios isn't just situated far from Hollywood in the suburban sprawl of Portland, Oregon, but with his new film Kubo and the Two Strings, the son of Nike boss Phil Knight is redefining the summer blockbuster by tapping an ancient art form most movie studios eschew — stop-motion animation.

"The thing that's unique in stop-motion is that it's handcrafted, that what you're seeing on-screen is the sum total of the will (and) skill of hundreds of artists," said Knight, who's clearly confident his handcrafted creation will flourish against Hollywood's biggest computer-effects features.

Travis Knight's Japanese-inspired tale follows a young boy on a quest to defeat evil spirits with a magic suit of armor. CONTRIBUTED

"In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it."

With Kubo mounting critical acclaim, Knight's Japanese-inspired story of a young boy on a quest to defeat evil spirits with a magical suit of armor not only entertains, but it's also deeper (and perhaps spookier) than most kid-friendly blockbusters.

"The goal is not to traumatize children although we've been accused of soaking a few bunk-bed mattresses in our day," laughed Knight.

"Hopefully what we explore are some meaningful issues — things like loss and grief, and hopefully we take a little bit of the sting out of it because while the world we're creating has a nodding acquaintance to reality, its not reality — it's a stylized world."

> **In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it**
> Director Travis Knight on stop-motion

Kubo marks the first feature the veteran animator has directed in Laika's oeuvre (which includes ParaNorman and Coraline).

While Knight insists he was always waiting to mature into the role of helmsman, Kubo's story also spoke specifically to him — having been influenced early on by a childhood trip to Japan.

"From the moment I set foot in Japan it was like I'd been transported to another world," admitted Knight who returned with a lifelong appreciation for Japanese art that he aimed to showcase in Kubo.

"It's almost an impressionist painting of Japan but like an impressionistic painting, which is not meant to capture reality, its meant to capture feeling and experience — I hope that's what we captured in this film."

FILM BRIEF

West to return as Batman in new animated film

Adam West and Burt Ward are reprising their respective roles as Batman and Robin, but they won't have to don tights this time around. The actors are voicing the characters in the animated film Batman: Return of the Caped Crusaders out this fall. Julie Newmar will also return as Catwoman.

The movie's colorful style will recall the campy esthetic of the 1960s live-action Batman TV series starring West and Ward. THE ASSOCIATED PRESS

Check out the most recent performance from the Newsroom Concert Series

Mill St. BREWERY

Visit thestar.com/entertainment/music/newsroom-concert-series

"THE BEST ANIMATED MOVIE OF THE SUMMER

AND ONE OF THE VERY BEST FILMS OF THE YEAR. **COMPELLING, EXCITING, FUNNY,** AND **DEEPLY MOVING** IN EQUAL DOSES."
Scott Mendelson, Forbes

★★★★

"EXQUISITE AND ENCHANTING."
Raakhee Mirchandani, New York Daily News

"A MASTERPIECE."
David Ehrlich, IndieWire

STARTS TODAY CHECK THEATRE DIRECTORY FOR THEATRES AND SHOWTIMES

WINE LOVERS GUIDE

A YEAR IN THE LIFE OF A GRAPE GROWER

CONTRIBUTED

A beautiful wine is even more enjoyable when you know how much loving care and attention went into the grapes.

"Every year we take our wines through this real complete cycle with a start, a middle and a finish, and I love that idea," says Tom Gore, the grape farmer behind Tom Gore Vineyards, whose cabernet sauvignon wine is currently available at B.C. liquor stores. "We're doing very different things from season to season, culminating every fall in our harvest season."

The grape farmer's year starts in the winter.

"In December, January and February, the vines are asleep," says Gore, whose farms are based in California. Over the winter, the team prunes and ties down the vines regularly.

They also practice erosion control to protect the vineyards from storms that may pass through. The team wants to preserve the soil that imparts the grapes with their particular terroir.

In March the vines start to wake up. "They're just little, but they're starting to grow," says Gore. "At this point, everything's very small."

Once the vines grow to about six or eight inches high, the team will start shoot thinning. One vine may throw 150 shoots, but the team will prune that to 30 or 40.

"The extra shoots are all energy that the vine would spend on stuff that's not going to produce fruit. You really want to focus the energy into the few shoots left behind."

As the season progresses, the team will regularly remove leaves to let more light and air into the canopy. The sunlight and breeze help ripening and minimize disease pressure.

As the vines grow, the team also positions the shoots so they grow in the ideal orientation for growing and harvesting grapes.

"Grape vines will grow everywhere and do what they want to do, but if you coax them into the right position early on when they're growing, they'll do whatever you want," he says. "Catching them at the right time is very important."

By the summer, anticipation is building and the grapes are almost ready.

Now they're softening, turning colour and starting to ripen and increase their sugar content. The team samples the sugar content frequently to check the grapes' maturity and determine when harvest should start. As they wait, they're also preparing the harvesting equipment to be in peak condition for the big haul.

Then in mid-to-late August, the harvest begins.

The team starts with the sauvignon blanc grapes, then moves into chardonnay, then merlot and then cabernet sauvignon, with some overlap between each grape varietal as they ripen. The harvest finally finishes in mid- to late-October, and the team takes a rest.

"I love that at the end of the year you have a bottle of wine that's like a time capsule — it tells the story of what you did through the whole year," Gore says. "You can put it in your cellar and go back and remember what made that year unique."

CONTRIBUTED

Enhance your meal with wine

There are two kinds of ways to enjoy wine, according to Tom Gore, the grape farmer behind Tom Gore Vineyards.

On a Monday afternoon when you get home from work, you may not have time to cook a complicated meal.

For quick meals, keep it simple and fresh, Gore advises. He enjoys steak, pork chops and sautéed vegetables, picked fresh from the garden.

The second circumstance requires a little more time, but it's well worth it.

"If I have time, like on a Sunday afternoon, I love to cook. It's kind of one of the ways that my wife and I relax together," says Gore. "When I have the time, I love to make the lamb dish that's on our website — the Green Garlic Marinated Lamb Chops with Mint Chimichurri. It's marinated in our cabernet and it's amazing."

The Tom Gore Cabernet Sauvignon is ripe with red fruit aromas including plum, cherry and currant notes on the nose. It has a medium body and balanced acidity, with complex layers of mocha and coffee on the palate.

Gore's key to a great wine pairing? Make sure you taste test with the wine as you're cooking, then adjust accordingly.

"Take a sip of the wine, then take a bite of the dish you're going to eat, then take another sip of the wine," he says. "If the wine tastes more acidic or astringent or changes the texture in the second tasting, you can tweak the food, adding lemon juice, salt or seasonings so that it's in balance."

Whether your meal is a complicated creation or quick, fresh and delicious, it will pair beautifully with a Tom Gore wine.

"We really try to keep it simple and have a lot of fun," says Gore.

GOOD WINE DOESN'T START IN THE BARREL. IT STARTS IN THE DIRT.

THE WORK OF A FARMER

"The care we take growing the grapes really begins the journey of the wine. Tom Gore Vineyards allows me to share my expertise as a farmer with wine enthusiasts, showing how the work in the field shapes the wine's character in the glass."

– Tom Gore, Farmer

Available at ALL PARTICIPATING LIQUOR RETAIL STORES IN BC

Please enjoy our wines responsibly.

metro TRAVEL
Your essential daily news

Universal Studios to launch American Horror Story-themed mazes.

The Hip guide to Kingston

FINAL STOP

Proud Kingston girl shares tips for tourists

Kristen Lipscombe
Metro | Halifax

Every good Canadian knows the members of The Tragically Hip are from Kingston, Ont., but what does the average Canadian know about Canada's first capital city?

Yeah, you read that right. Kingston is the first capital of a United Canada and home of our first Prime Minister, Sir John A. Macdonald. Want to know more about the home of The Hip, just in time for the beloved band's Kingston concert Saturday night, which caps off an emotional Man Machine Poem tour? Here's a quick insider's look at Kingston, from a proud Kingston girl now living in Halifax, but always homesick for "K-town."

History

Kingston may be a small, sometimes even overlooked locale, nestled somewhere in southeastern Ontario among the bright lights of bigger cities such as Montreal and Toronto, but when it comes to Canadian tourism, it's actually a pretty big hotspot.

For history buffs, places to see include Bellevue House National Historic Site, which is where Sir John A. Macdonald lived while serving as Prime Minister and the Cataraqui Cemetery National Historic Site of Canada, which is where the first PM now rests.

Those interested in Kingston's strong military past can stop by Murney Tower National Historic Site of Canada as well as the famous Fort Henry National Historic Site of Canada, which was built during the War of 1812.

More recently, the infamous Kingston Penitentiary, which was built in 1833 and closed down in 2013, has opened its doors for members of the public brave enough to enter. As Canada's oldest maximum-security prison, it housed some of the country's most dangerous and notorious criminals.

Where to eat

After shaking off those penitentiary cobwebs, check out the Kingston 1,000 Island Cruises, an onboard dining experience that takes you through the beautiful 1,000 Islands (and yes, that's how the salad dressing got its name).

Or if you're more the dry land type, head to gorgeous downtown Kingston, where Ontario Street runs along the waterfront and Princess Street offers plenty of shopping and restaurant options. Chez Piggy is one of the better known fine-dining restaurants, Pan Chancho and the Wolfe Island Bakery are fantastic for casual lunches, and Woodenheads has the best gourmet pizza.

Pubs such as The Toucan and the Tir Nan Og Irish Pub are great places for live music or to kick off a night on the town, while craft beer lovers should check out Stone City Ales.

Bonus stop

The Hip are well-known for incorporating spaces and places across Canada into their lyrics.

If you're looking for a lesser-known Kingston location that happens to be mentioned in a Hip song, check out Skeleton Park, officially known as McBurney Park. It was established as a burial ground in 1819, but is now a public park, its playground and various daily activities eerily taking place atop unmarked graves. Rumours about neighbours finding bones and ghosts haunting the area have long been a part of local Kingston folklore.

"In Skeleton Park / One fine summer evening / The sun teased the dark / Like the last strawberry," Downie sings on a bonus track on the We Are the Same album, released in April 2009.

"I could hear them on the breeze / Hear them moving through the trees / The ghosts of the Rideau Canal start to sing / And patting grass you said / 'Come sit next to me, by my sweetheart' / Over in Skeleton Park."

ONLINE
Be sure to look out for Kristen Lipscombe's dispatches from the last Hip show at metronews.ca

If you're in Kingston this weekend for The Tragically Hip's final show, be sure to take in some Hip related sightseeing.
MAIN PHOTO ISTOCK, INSET PHOTO THE CANADIAN PRESS

+ CONCERT DETAILS

- The final show of The Tragically Hip's 15-date Man Machine Poem tour takes place Aug. 20 at Rogers K-Rock Centre in Kingston, home of the Ontario Hockey League's Kingston Frontenacs, which can only welcome about 6,000 lucky Hip fans.
- Kingstonians who won't make it into the arena can gather in Springer Market Square and surrounding streets, in the heart of the city's downtown core, for a free public screening of CBC Television's live stream of the concert. Saturday has been named The Tragically Hip Day in Kingston.
- Other Canadians can attend viewing parties in their own hometowns, or watch the concert live in its entirety starting at 8:30 p.m. ET, as a "late breaking story" on the CBC.

BOOK EARLY, SAVE BIG
Book your winter vacation by August 31
$800 OFF per family[1]
Air, Hotel & Transfers

Puerto Plata | DOMINICAN REPUBLIC (via Montreal)
Sunscape Puerto Plata Dominican Republic ★★★★ PRIVILEGES
Unlimited-Fun® • Deal of the day rm
November 10 • 1 wk
KIDS STAY & EAT FREE[2] • UP TO $400 RESORT CREDIT[2]
$649 + $459 taxes & other fees

Punta Cana | DOMINICAN REPUBLIC (via Toronto)
BLAU Natura Park Beach Eco Resort & Spa ★★★½ PRIVILEGES
All-Inclusive • Standard rm
November 20 • 1 wk
KIDS STAY & EAT FREE[2]
$829 + $459 taxes & other fees

AIR CANADA VACATIONS
Call 1 877 236-6228 or your travel agent
aircanadavacations.com
aeroplan EARN & REDEEM 1,000s of Aeroplan® Miles
Dominican Republic Has It all
CONNECT FREE[1] Castlegar • Cranbrook • Kamloops • Kelowna • Nanaimo • Penticton • Prince George • Quesnel • Victoria
Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on August 19, 2016, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport in Economy class and include surcharges. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Offers expire at 11:59 p.m. ET on the date indicated. Flights operated by Air Canada or Air Canada Rouge. For applicable terms and conditions, consult www.aircanadavacations.com. BC registration #32229. ■ [1]Valid on Air, Hotel & Transfer packages of 7 nights or more. Per family amount shown based on 2 adults and 2 children. $250 per adult and $150 per child (ages 2-12). Valid for departures between November 1, 2016 and April 30, 2017. [2]Conditions apply. Details at aircanadavacations.com. [1]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Unlimited-Fun is a registered trademark of AMResorts. ®Aeroplan is a registered trademark of Aimia Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

5 CANADIAN REGIONS TO KNOCK OFF YOUR BUCKET LIST

Working as a travel journalist for the last 15 years I have been fortunate enough to travel the globe; some of the hidden gems I discovered were right under my nose.

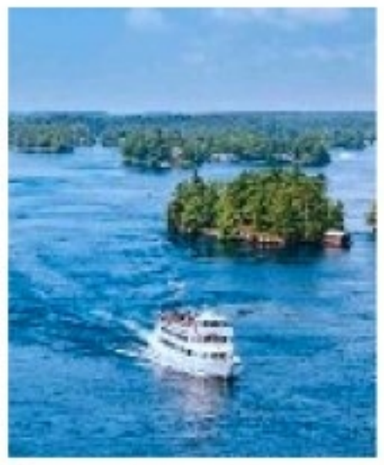
LOREN CHRISTIE/FOR METRO

1 Cariboo Region, B.C.

Dominated by mountain scenery and the powerful Fraser River, British Columbia's scenic Cariboo Region embraces its heritage of cowboys and gold mining. The Echo Valley Ranch & Spa, near the town of Clinton, is uniquely positioned amidst the mountains, grasslands, canyons and forests of the interior, making it the perfect spot to explore your inner cowboy. Horseback riding, gold panning, bear viewing and campfires are just some the activities offered by the hospitable owners.

2 Canadian Badlands, Alta.

Alberta's Rocky Mountain Parks are beautiful but the area south east of Calgary, known as the Canadian Badlands, has dinosaur bones! Dinosaur Provincial Park offers un-earthly scenery and the chance to be part of a real archeological dig. Would-be paleontologists are given a toolkit that includes a paintbrush, hammer and dental pick ... for the more delicate work.

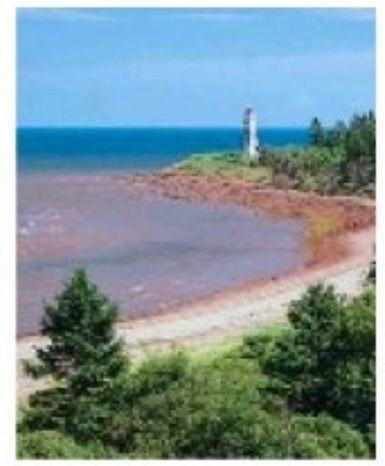


3 Thousand Islands, Ont.

Nestled along the St. Lawrence Seaway between Toronto and Montreal, the Thousand Islands is cottage country at its most charming. Famous for the presence of shipwrecks dating back to the War of 1812, the area is actually comprised of 1,865 islands. Highlights including Boldt Castle, Millionaire's Row and Zavikon Island are best seen by boat. Public cruises are also offered.

4 Charlevoix Region, Que.

The Charlevoix Region north of Quebec City has a long-established reputation for agro tourism and fine dining. Explore Isle-aux-Coudres by bike or take a stunning rail trip to Baie Saint Paul. At most farms in the area, products can be sampled and purchased on site. The chefs in the region's various hotels and restaurants do their part by including local products in all of their menus.



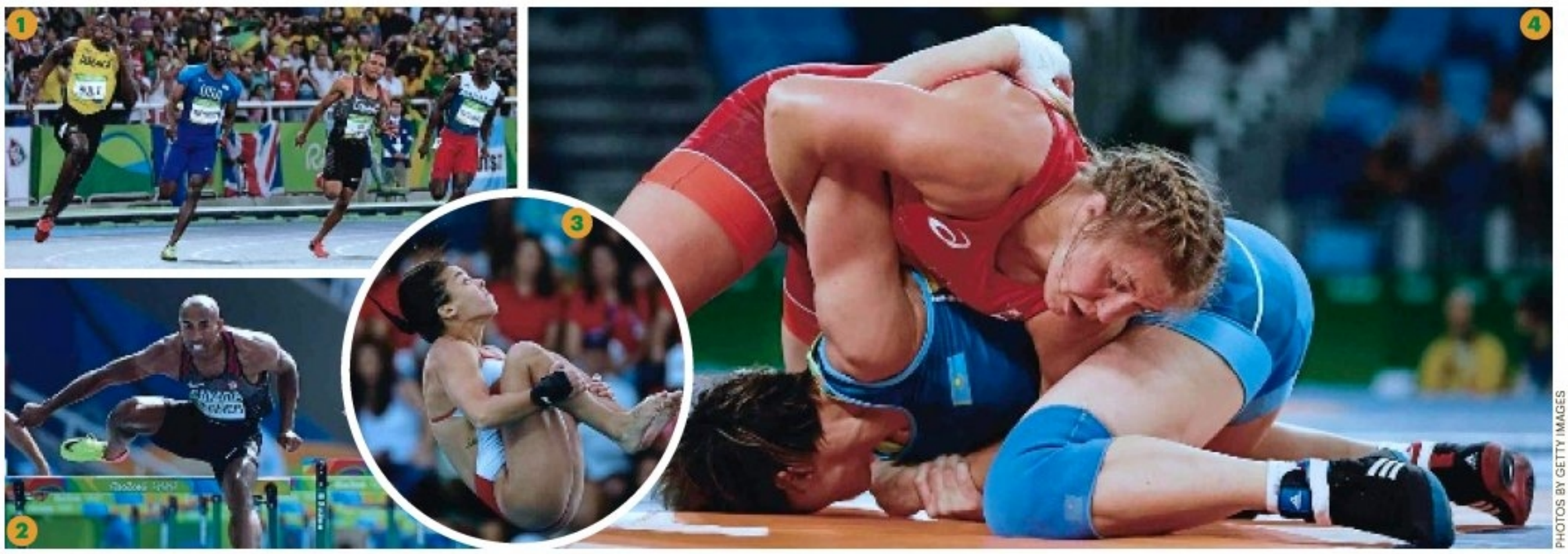
5 Nova Scotia's northern coast

Nova Scotia's Highway 7 hugs the province's northern coast stretching from the New Brunswick border through to Cape Breton. The area is dotted with picture perfect fishing villages, stunning vistas and a number of attractions. Locals proudly boast that these are, "the warmest waters north of the Carolinas."

All images Getty

metro RIO

"Put 800 lions in a cage, throw out a big steak and open the doors. That's BMX": American rider Connor Fields



PHOTOS BY GETTY IMAGES

Canada racks up 4 more medals

RIO2016

Ontario's Wiebe wins wrestling gold on Day 13

Andre De Grasse kept adding to his and Canada's medal totals on Day 13 of the Rio Olympics.

The sprint star from Markham, Ont., won the silver medal in the men's 200-metre final (1) on Thursday night for the second medal of his Olympic debut.

The 21-year-old De Grasse finished the race in 20.02 seconds, just behind Jamaica's Usain Bolt, who took gold for the third consecutive Olympics in 19.78. France's Christophe Lemaitre was third in 20.12 seconds.

De Grasse became the first Canadian to win two individual track medals in the same Olympics since 1932.

"I'm really happy with two medals, but my race today could have been better," De Grasse said. "I couldn't really tell what happened. I came off the bend and tried to do something, tried to go, but maybe I used up too much energy in the semifinal yesterday."

Canada is tied with South Korea for 10th in the overall medal standings with four gold, three silver and 11 bronze. The Canadians are targeting a top-12 finish when the 2016 Summer Games end Sunday.

18
Canada's total medal count in Rio.

De Grasse could add a third medal in the 4x100 relay final Friday night.

He wasn't the only Canadian to claim hardware on the track as Damian Warner, of London, Ont., took bronze in the decathlon (2).

Warner finished the 10-discipline competition with 8,666 points and matched Dave Steen from the 1988 Seoul Games for the best-ever Canadian finish in decathlon.

Erica Wiebe
GETTY IMAGES

Defending champion Ashton Eaton of the U.S. won gold with 8,893 points while France's Kevin Mayer took silver with 8,834 points.

Canada reached its largest gold medal tally in 24 years earlier in the day after Erica Wiebe won the 75-kilogram wrestling crown (4). Canada won seven medals at the 1992 Barcelona Games.

Wiebe, from Stittsville, Ont., was dominant in her match against Guzel Manyurova of Kazakhstan, winning 6-0, and bringing Canada its fourth gold in Rio.

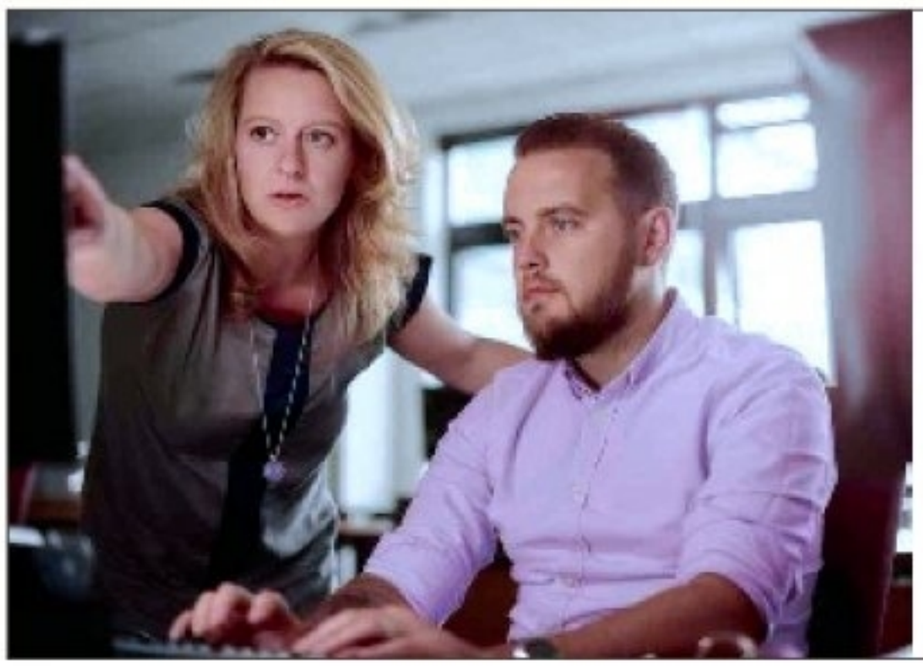
"I didn't think about who I was wrestling, I didn't think about what they were," she said. "I just thought about what I needed to do in that moment and I still don't really believe it."

Her win also keeps Canada's streak in women's wrestling alive, one that dates back to the 2004 Athens Olympics when the discipline made its debut.

Canadian diver Meaghan Benfeito capped off her Rio run in style after winning her second bronze and first individual medal (3).

The 27-year-old from Laval, Que., finished with an overall score of 389.20, behind Ren Qian and Si Yajie of China. She won bronze with Roseline Filion in the 10-metre synchronized event.

Brooke Henderson of Smiths Falls, Ont., made her move in the second round of women's golf at the Olympics after five consecutive birdies to finish 7-under 64. Henderson shot up the leaderboard into a tie with Britain's Charley Hull for third in the event, closing in on South Korea's Inbee Park and American Stacy Lewis. THE CANADIAN PRESS



Learn IT skills the right way

Choose from the largest selection of part-time computing and IT courses in Western Canada. Start with one course and work toward a credential—evenings or weekends.

Sign up for an info session.

- August 24, 6 pm at the BCIT Burnaby Campus
- August 25, 5 pm at the BCIT Downtown Campus

bcit.ca/computing

BCIT

Brazil officials say 'no robbery was committed'

RIO2016

Security footage sheds light on swimmers' wild night at Games

Brazilian police said Thursday that swimmer Ryan Lochte and his U.S. teammates were not robbed after a night of partying and that the intoxicated athletes instead vandalized a gas station bathroom and were questioned by armed guards before they paid for the damage and left.

The robbery that was or wasn't has become the biggest spectacle outside of the Games in Rio.

"No robbery was committed against these athletes. They were not victims of the crimes they claimed," Civil Police Chief Fernando Veloso said during an afternoon news conference.

The police account raised questions about whether it's possible Lochte and the swimmers believed they were victims of a robbery. Lochte's attorney has maintained that one took place. He, as well as Lochte's father and agent, did not return phone calls.

Lochte initially said he and Jack Conger, Gunnar Bentz and Jimmy Feigen were held at gunpoint and robbed. Police said earlier this week that they couldn't find evidence to substantiate the claim, and a judge ordered the swimmers' passports held. Lochte had already returned to the U.S. but the others stayed, and Conger and Bentz were pulled off a plane at the Rio airport.

While some details in the official account of the story changed on Thursday — police first said no guns were involved, then backtracked and said two guards drew weapons — security video confirmed that the athletes vandalized parts of the gas station.

A gas station worker arrives, and other workers go to inspect the damage. Veloso said the swimmers broke a door, a soap dispenser and a mirror.

The swimmers eventually talk with security guards, who persuade them to walk to another section of the station.

As they talk, two of the swimmers put their hands up and all four sit down on a curb. After several minutes, they stand up and appear to exchange something — perhaps cash, as police said — with one of the men.

A police official speaking on condition of anonymity said two guards pointed guns at the swimmers. Veloso said the guards would have been justified in drawing their guns because the athletes "were conducting themselves in a violent way."

A station employee called police, and the guards and employees tried to get the swimmers to stay until authorities arrived, Veloso said. But he said the athletes wanted to leave, so paid 100 Brazilian reals (about $33 US) and $20 in U.S. currency and left. THE ASSOCIATED PRESS

Ryan Lochte, above, and his swimming teammates, above left and from left to right, Jack Conger, Gunnar Bentz and Jimmy Feigen, have been accused of fabricating parts of their robbery story from the Rio Olympics. ALL PHOTOS GETTY IMAGES

metro Service Directory To advertise call 604.602.1002

HEALTH AND WELLNESS

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | NEAR SUPERSTORE, DELTA

ESHWAR ASTROLOGY CENTRE
INDIA'S MOST POWERFUL SPIRITUAL HEALER NOW IN SURREY
If You Are Having Problems? He Has The Best Solution!!
EXPLORE THE FUTURE, DISCOVER YOUR DESTINY. GET ACCURATE ANSWERS AND KNOW THE TRUTH.
We will tell your past, present and future with Astrology, Hand reading and Photo reading
SUGGESTIONS & SOLUTIONS BY ESHWAR
• Business problems • Love problems • Money problems
• Childless couple • Family issues • Bring love back
• Marriage problem • Spirits troubles • All negativity removed
ALL TYPES OF BLACK MAGIC & NEGATIVE ENERGY WILL BE REMOVED IN JUST 3 DAYS
9 TIMES MORE EXPERIENCED THAN OTHER ASTROLOGERS
Call for appointment: 604.760.3342 • Surrey BC

ASTROLOGER & PSYCHIC READER
PALM READER & FORTUNE TELLER
Pandit: Ram Chandraji
Expert in Palm and Face Reading, Horoscope, Numerology & Vastu Shastra
I CAN TELL YOUR PAST, PRESENT & FUTURE
Marriage * Husband-Wife Problems * Job * Relationship * Kids Problems
Business * Spiritual Evil Effects * Enemy * Court * Property * Family etc.
SPECIALIST IN: BRINGING LOVED ONES BACK
100% Guarantee
REMOVES BLACK MAGIC, JADOO, VOODOO, BUTTU, WITCH CRAFT & GIVES 100% PROTECTION
604-512-1345 Open 7 Days a Week
84 AVE. & 122 STREET, SURREY BC V3W 3S8
6049 FRASER STREET, VANCOUVER BC V5W 2Z8

EMPLOYMENT

iMARKETING
CALL CENTRE SALES AGENTS NEEDED
NOW HIRING
EXPERIENCED SALES STAFF
• Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
• Flexi schedule for top performers
• Paid every Friday
• Close to SkyTrain Station
• Advancement opportunities
• Full time and Part time available
• Seniors and Students welcome
FLUENT ENGLISH IS A MUST!
Contact Chris Flores at 1-800-210-8579 ext 383
Email: christian.flores@imkgp.com

CONCORD SECURITY
we do more
— HIRING FAIR —
Due to the continued growth and demand of our services, we are currently hiring for a number of positions. You've got the initiative and enthusiasm. We've got flexible schedules, benefits and jobs that can turn into satisfying careers!
WHERE: 925-4710 Kingsway Metrotower 1, Burnaby
WHEN: Wednesday, August 24th, 2016
TIME: 9:00am until 4:00pm
Please bring an updated copy of your resume and your security license
Concord Security Corporation provides security services to high profile Shopping Centres, University Campuses and high rise buildings.

OM SHIVA KALI ASTROLOGY CENTER
PANDIT: GANESH SHASTRI
EXPERT IN FACE READING & PATRA READING
MASTER BRINGS BACK LOVED ONES
SUGGESTIONS & SOLUTIONS
Business • Enemy • Health • Work • Sexual • Marriage • Money
Drinking • Job • Love • Visa • Divorce • Court Case • Jealousy
Lucky Number • Depression • Children • Husband-Wife
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.374.8677 Main Street, Vancouver

FINANCIAL

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

Lions to battle Stamps for 'elite' status

CFL

West lead on the line as Calgary travels to BC Place

It's not exactly a playoff game, but for the B.C. Lions meeting the Calgary Stampeders is the next best thing.

B.C. hopes to vault over Calgary in the standings as the two best teams in the CFL's West Division meet on Friday for the third time this season with a season-series tiebreaker on the line.

On many occasions, it's been the Stampeders (5-1-1) who have halted the momentum of the Lions (5-2). B.C.'s last home playoff appearance was a loss to Calgary in the 2012 division final after posting a 13-5 regular season record. More recently, the Lions were hammered at McMahon Stadium in the division semifinal last season.

"In order to be an elite team you need to beat an elite team and (the Stampeders) have been for some time," said veteran Lions defensive back Ryan Phillips. "When I first came into the league we were the elite team. We were guaranteed 11-12 wins every single year and they became that team. We've flipped identities."

The Stampeders will be focused on Lions returner Chris Rainey, who has four career return touchdowns against Calgary.

"He must enjoy playing against us," Dave Dickenson said this week.

The Calgary coach also understands what is at stake even though the season has not yet reached the halfway mark.

"I believe both of us will be different teams in October but it's nice to get that season series.

THE CANADIAN PRESS

Chris Rainey has been a thorn in the Stampeders' side.

DARRYL DYCK/THE CANADIAN PRESS

The new Galaxy Note 7 has landed.

Get the new Samsung Galaxy Note 7 with an unbeatable plan.

SAMSUNG
Galaxy Note7

windmobile.ca

true mobile freedom

WIND

Learn more at windmobile.ca. Samsung and Samsung Galaxy Note 7 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile

PREMIER LEAGUE

Pogba ready to play a part for United

Manchester United's world-record signing Paul Pogba is ready to make his season debut at home to Southampton in the English Premier League on Friday, according to manager Jose Mourinho.

Pogba, who left United at age 19 for Juventus four years ago and was re-signed for $116 million, has been training for 11 days. But the France midfielder isn't yet ready to play a full match. "Yes, he's ready to play," Mourinho told a news conference on Thursday.

"Ninety minutes? I don't believe. Super performance? I don't believe. But in condition to accelerate his process of integration in the team, that's for sure."

Pogba missed United's opening league game — a 3-1 win at Bournemouth last weekend — because of a ban carried over from his time at Juventus.

But Mourinho highlighted that Pogba would need less time to fit in to the club's set-up, as a former United player.

"Adaptation is really easy because he is a boy from here, he knows the club, he knows everybody," Mourinho said.

"There's no need for time to adapt." Mourinho was also upbeat about his other headline signing, Zlatan Ibrahimovic, who has already spoken about staying for the optional second year attached to his one-year contract.

THE ASSOCIATED PRESS

GETTY IMAGES

WEEK 2 MATCHES

FRIDAY
Southampton at Man United

SATURDAY
Man City at Stoke
Hull City at Swansea
Crystal Palace at Tottenham
Chelsea at Watford
Everton at West Brom
Liverpool at Burnley
Arsenal at Leicester

SUNDAY
Middlesbrough at Sunderland
Bournemouth at West Ham

IN BRIEF

Harrison agrees to meet NFL on his own terms

Pittsburgh Steelers linebacker James Harrison is willing to meet with the NFL to discuss an alleged link to performance-enhancing drugs — but only five days after a deadline the league has imposed while threatening him and three other players with indefinite suspensions.

NFL Players Association attorney Heather McPhee sent a letter to the NFL on Thursday, accusing it of trying to "bully and publicly shame" Harrison without offering evidence beyond a brief mention in television interview last year that was recanted by the accuser.

THE ASSOCIATED PRESS

MLB approves M's sale

Major League Baseball owners approved the sale of a controlling stake in the Mariners from Nintendo of America to a group of owners led by Western Wireless Corp. founder John Stanton and retired Microsoft executive Chris Larson.

THE ASSOCIATED PRESS

RECIPE Pork and Black Bean Slow Cooker Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't forget your slow cooker in the summer – nothing keeps your kitchen cooler!

Ready in 8 hours
Prep time: 20 minutes
Serves 4

Ingredients
- 3/4 cup bacon, chopped into inch-length pieces
- 500 gram pork loin, cubed
- Glug of vegetable or olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1 sweet pepper, chopped
- 1 carrot, peeled and diced
- 1 1/2 tsp cumin
- salt and pepper to taste
- 2 x 19 ounce cans beans, rinsed
- 1/2 cup of strained canned tomatoes
- 1 cup water

Directions

1. In a large skillet, brown the bacon for about 5 to 10 minutes. Place on a piece of paper towel and drain almost all excess fat.

2. In small-ish batches, brown the pork in the skillet. Place the bacon and pork into the slow cooker.

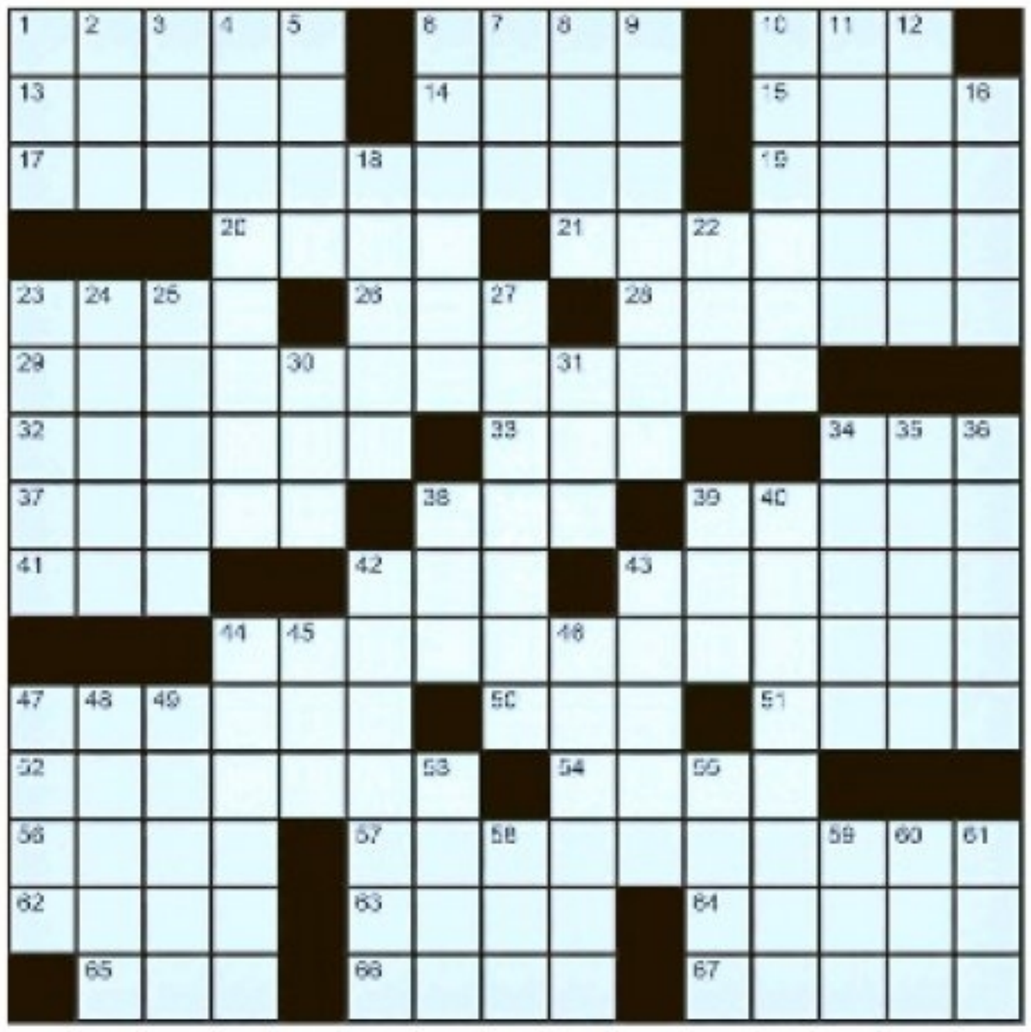
3. Toss all of the vegetables in the skillet over medium heat. Sprinkle cumin over the vegetables and give it a good stir until they just begin to soften.

4. Place vegetables, tomatoes. water and beans in the slow cooker, stir and set to low for 6 to 8 hours.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Basketball, fun-style
6. Ms. Helgenberger
10. Mr. Hunter
13. "Coffee _ _?"
14. Busy as _ _
15. "_ _ surprised as you!"
17. RIO 2016: Prior to Rio, the last time Golf was an Olympic sport was St. Louis 1904 when a Canadian won the gold medal ...who was he?: 2 wds.
19. Pro _ (Proportionately)
20. Brave New World tablet
21. Ottawa: The Red Chamber figure
23. Prefix meaning 'Eight'
26. _ Beach, Hawaii
28. RIO 2016: Horse _ (Component of #57-Across)
29. RIO 2016: Cross-Country need in Cycling: 2 wds.
32. Wayward
33. Electrical discharge
34. Judy, to Liza
37. The J. _ Band
38. In favour
39. "_ _ _ film today..." (Beatles line)
41. Prince Valiant's son
42. The Col.'s eatery
43. CAA service
44. RIO 2016: _ Swimming
47. Music storage container: 2 letters + wd.
50. Royal officer, for short
51. 'Trillion'-meaning prefix
52. RIO 2016: Jumped-over things in Track & Field
54. Infamous Vamp.
56. "_ _..." (Prayer beginning)
57. RIO 2016: Modern _
62. Ratchet part
63. Water: Spanish
64. Comedy act, Stiller & _
65. Compass dir.
66. "Drats!"
67. Particular poet

DOWN
1. Don't share
2. Mined stuff
3. 'Ear'-meaning prefix
4. RIO 2016: _ best (Athlete's top-ever performance)
5. Palm starch
6. RIO 2016: Lilongwe is this IOC country's capital
7. 'Lull' ending
8. Antique autos [abbr.]
9. Non-name brand
10. Rant
11. Violin-making family
12. RIO 2016: 4 x 100m Relay prop in Track & Field
16. Famed puppeteer Tony
18. 1933 Broadway musical, Let '_ _ Cake
22. 'Neat' suffix
23. RIO 2016: Olympics official timekeeper
24. Apples gadget
25. Burial shroud city in Italy
27. Lawlessness
30. Heavy wts.
31. Fam. member
34. Corn
35. Proprietor
36. Eva and Zsa Zsa Gabor's older sister
38. Gomer Pyle's rank [acronym]
39. 'Opt' suffix
40. Changed
42. RIO 2016: Athlete's protection, perhaps
43. Bing Crosby's "_-_-Loo-Ra-Loo-Ral"
44. RIO 2016: Equestrian's seat
45. Couture monogram
46. _ _ sale
47. Prepare veggies
48. "Max _ Returns" (1983)
49. Queen Elizabeth's 'hat'
53. Video game maker
55. Prefix with 'sphere'
58. Called-one's occupation
59. Movies composer Francis
60. Hosp. sites
61. _ Geo (Nature mag, cutely)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a loosey-goosey day. It's a poor day for major purchases and important decisions. (It's OK to buy food and gas.)

Taurus April 21 - May 21
If you can hunker down at home today, you will enjoy yourself, because you need to cocoon right now. This is a creative day for you, especially if you work in the arts.

Gemini May 22 - June 21
You're eager to communicate with others now; however, tension with partners and close friends is likely. This tension will be gone by the end of September.

Cancer June 22 - July 23
Be careful, because you are focused on money right now and probably considering a major purchase. Today is a poor day for a major purchase. Wait until tomorrow.

Leo July 24 - Aug. 23
You have a few more days with the Sun in your sign giving you a chance to re-energize yourself. People and favorable situations are attracted to you. Make the most of this.

Virgo Aug. 24 - Sept. 23
Although this is a good time to buy wardrobe items for yourself, today is not the day. Wait until tomorrow; you will be glad you did.

Libra Sept. 24 - Oct. 23
In one way, you are keen to socialize, and you are out there flying your colors. However, a different influence makes you want to hide and be low-key. At least you have a choice.

Scorpio Oct. 24 - Nov. 22
This is a great day to schmooze with others. Keep things lighthearted and avoid important decisions. Don't volunteer for anything.

Sagittarius Nov. 23 - Dec. 21
Travel, education and publishing are on your mind now. However, this is a poor day to make a decision regarding these matters. Nevertheless, it's a lighthearted, creative day for you.

Capricorn Dec. 22 - Jan. 20
You will enjoy talking to people from different cultures and different backgrounds, because you want to learn something new. It's easy to be openminded today.

Aquarius Jan. 21 - Feb. 19
It's good to know that you can benefit from the wealth and resources of others at this time. Today, however, is a poor day for important decisions, especially about a commitment.

Pisces
Feb. 20 - March 20
Relations with partners and close friends are unusually warm and cozy now. Don't hesitate to tell others how much you care. Don't leave it to their imagination.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3			8		5			4
			3		6			
	2						8	
5	4			3			7	8
8	1			7			2	5
	7						9	
			4		7			
9			5		2			6

©2014 Creators Feature Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	1	9	5	3	2	7	4	8
5	2	4	8	6	7	3	9	1
7	8	3	1	4	9	6	5	2
2	3	1	4	7	8	9	6	5
9	7	6	3	5	1	8	2	4
8	4	5	9	2	6	1	7	3
4	6	8	7	1	5	2	3	9
1	5	7	2	9	3	4	8	6
3	9	2	6	8	4	5	1	7

PEAK GOLF

Summer Clearance Sale

ALL SPRING 2016 APPAREL

40% OFF

OAKLEY · LOLË · adidas · J.LINDEBERG · PUMA GOLF · ANNIKA · Peak Performance

excludes basic bottoms & outerwear

ALL FOOTWEAR IN STOCK

20-50% OFF

SKECHERS · ecco · adidas · FOOTJOY

ALL GOLF BAGS IN STOCK

20-50% OFF

TaylorMade · Callaway GOLF · PING

TAYLORMADE AEROBURNER CLUBS

Aeroburner drivers, fairways, rescues and iron sets.

UP TO 40% OFF

*discount applies to regular price

TaylorMade

FOOTJOY

Contour men's golf shoes

2 colours Available

Reg. $150

SALE: $99.99

TaylorMade

Tour umbrella

dual canopy

Reg. $80

SALE: $49.99

TaylorMade

2016 TourLite stand bag

Assorted colours

Reg. $210

SALE: $149.99

adidas

Climalite men's golf pants

Assorted colours

Reg. $89.99

SALE: $49.99

ecco

Biom Hybrid 2 Lite Women's Golf Shoes

2 colours Available

Reg. $220

SALE: $129.99

ADAMSGOLF

New idea Men's & Women's package sets

Reg. $1100

SALE: $799.99

North Vancouver
1199 Marine Drive
604.980.8899
MON - SAT 9:30-6:00PM
SUN 10:00-5:00PM

Vancouver - Kitsilano
1199 Marine Drive
604.734.9555
MON - SAT 10:00-6:00PM
SUN 10:00-5:00PM

peakgolf.ca